

CYBER MONDAY GUIDE: WHERE THE DEALS ARE

PLUS, TIPS ON HOW YOU CAN SNEAK SHOP AT THE OFFICE. PAGE 28



metro®



NEW YORK CITY'S #1 FREE DAILY NEWSPAPER

Monday, December 1, 2014 www.metro.us | t: MetroNewYork | f: MetroNewYork

Ready For a Career Change?

Prepare for Success with
Practical Nurse (LPN)
Career Training

(866) 918-0944
mildred-elley.edu

College Location: 25 Broadway, Floor 16 | New York, NY
For program details and disclosures including Albany extension site
programs visit mildred-elley.edu/disclosures

World AIDS Day

New York.
HIV infections
down, new
groups at risk.

PAGE 02

Naomi Watts.
"We can end
AIDS by
2030."

PAGE 16

Prevention.
Buzz is building
about PrEP, a
drug that blocks
the virus.

PAGE 29



A WORLD OF HURT



An HIV-positive woman with her children at a clinic in Yangon, Burma, operated by the opposition National League for Democracy. Today is World AIDS Day. / GETTY IMAGES

Empty bomb threat hits flight at Kennedy

PAGE 04

Cumber this batch of unusual roles

PAGE 25



Giants blow a three-TD lead, lose to Jaguars

PAGE 32

Become a vital part
of the Business World
with a career in
**Accounting,
Finance,
Marketing,
Management,
or Information
Systems**



scan here

Touro College: a world of possibilities

Get your undergraduate degree in **Business Management and Administration**
at Touro College's New York School of Career and Applied Studies.

At NYSCAS we provide the support our students need to succeed,
from the moment they enroll to the day they graduate.

And if graduate study is in your future, consider Touro's Graduate School of
Business, which offers a Master of Business Administration (MBA) degree and
Master of Science programs in Accounting, Human Resource Management,
and International Business Finance.

facebook.com/nyscasTouro

[@nyscasTouro](https://twitter.com/nyscasTouro)

apply **ONLINE** at apply.touro.edu



NYSCAS
New York School of Career and Applied Studies
a division of TOURO COLLEGE

855.33.TOURO
(855.338.6876)

MANHATTAN, BROOKLYN, QUEENS
www.touro.edu/nyscas

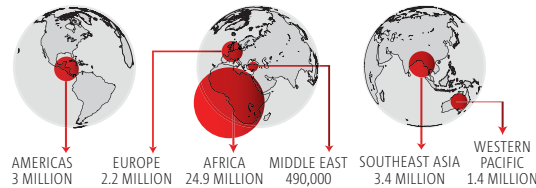
Touro is an equal opportunity institution

WORLD AIDS DAY

Dec. 1 marks World AIDS Day, a global opportunity to show support for those who suffer and have died from the HIV/AIDS epidemic. Metro gets you up to date on the latest facts and figures on the deadly disease.



HIV STATISTICS BY REGION



NUMBER OF PEOPLE LIVING WITH HIV

LATEST STATISTICS

Number of people living with HIV in 2013	35.3M
Newly infected in 2013	2.1M
AIDS deaths in 2013	1.5M

FACTS

39M

lives have been claimed by HIV/AIDS

35M

people lived with HIV at the end of 2013

30%

of adults with HIV remain undiagnosed

1.5M

people have died from AIDS-related causes globally in 2013

2.1M

people became newly infected with HIV globally in 2013

20%

of HIV patients are treated satisfactorily

An anti-HIV pill released in October this year reduces the risk of HIV infection by up to 90 percent. Pre-exposure prophylaxis, or PrEP, had successful early trials in England and France.

TOP 10 COUNTRIES BY HIV SPREAD RATE

SUB-SAHARAN AFRICA IS THE MOST AFFECTED REGION

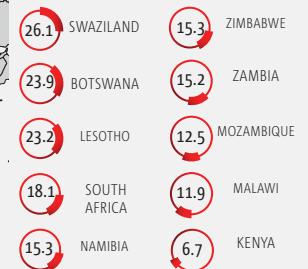
24.7M

people lived with HIV in 2013 in sub-Saharan Africa

70%

of the new HIV infections globally are detected in sub-Saharan Africa

PREVALENCE (%), ADULTS (15-49 YEARS)



RISK FACTORS

- Unprotected vaginal or anal sex
- Having another sexually transmitted infection such as syphilis, herpes, chlamydia, gonorrhea, etc.
- Receiving unsafe injections, blood transfusions, medical procedures that involve unsterile cutting or piercing
- Accidental needle stick injuries, including among health workers
- Sharing contaminated needles, syringes and other injecting equipment and drug solutions when injecting drugs

SIGNS YOU MAY HAVE HIV

- Fever
- Fatigue
- Achy muscles, joint pain, swollen lymph nodes
- Sore throat and headache
- Skin rash
- Pneumonia
- Night sweats
- Nail changes
- Yeast infections
- Confusion or difficulty in concentrating
- Nausea, vomiting, diarrhea
- Weight loss
- Dry cough
- Cold sores or genital herpes
- Tingling and weakness
- Menstrual irregularities

SOURCES: WORLD HEALTH ORGANIZATION, ANNALS OF INTERNAL MEDICINE, CENTRAL INTELLIGENCE AGENCY, UNAIDS, UNICEF

New HIV diagnoses continue drop in NYC

AIDS. New York is on track to slash the HIV/AIDS infection rate by 2020.

This World AIDS Day, New York City has a lot to be thankful for.

The city reported 2,832 new HIV cases in 2013, said Dr. Demetre Daskalakis, assistant commissioner of the Department of Health and Mental Hygiene. "The great news is we continue our trend down."

New HIV cases in New York City fell 67 percent from 2001, Daskalakis said in an interview. Last year, 1,784 New Yorkers were diagnosed with AIDS. With the "belly" of the epidemic under control, and fewer people contracting HIV/AIDS or dying from it, the department is focusing on other groups at risk for the disease, including minorities and young people.

Living with HIV

One man's story

Jason Walker, HIV/AIDS community organizer with Vocal New York, was 20 when he was diagnosed with HIV after having unprotected sex with a man. "It was devastating," said Walker, now 27 and living in the South Bronx.

When he moved to New York City two years ago, Walker was homeless for



Jason Walker / PROVIDED

two months, and saw his T-cell count drop significantly. "I realized the importance of housing," Walker

said. "For five years my levels were consistent, and in two months I was 100 T-cells away from having AIDS."

He now reaches out to young people of color to stop HIV.

"Young folks of color, men who have sex with other men in the black and brown community, those are my friends, my family," Walker said.

Quoted

"We're still in an emergency zone with HIV. Where there is poverty, there is HIV." Daskalakis

In the early 1980s, AIDS was recognized, and later stigmatized, as a disease transmitted among gay men. Today, about 70 percent of new HIV cases

come from men who have sex with men, Daskalakis said.

Last year, 39 percent of new cases were in people younger than 29. Of the 552 women infected with HIV in 2013, 87 percent were black or Hispanic.

"We're really focusing on the edge of the epidemic," Daskalakis said. "The younger ones are the most at-risk individuals. ... It's the edge I worry about every day."

Economic disparities and new populations at risk for HIV, have "redefined" his department's work, Daskalakis said.

To reach those who need treatment, the department is funding an advertising campaign called "Be HIV Sure."

"Stigma tends to cause HIV infection," said Daskalakis, explaining the new campaign is about knowledge, not a positive or negative status.

"Be HIV sure, be sure of your story and get connected to care," Daskalakis said. "We're going to test the heck out of the city. If we test everybody, and provide options to prevent or care for [AIDS], we can end the epidemic."

Daskalakis said New York state is on track for significantly reducing the number of cases by 2020.

In October, Gov. Andrew Cuomo created a task force with a plan for reducing the number of new HIV infections to 750 a year by 2020.

"Good data leads to more questions," said Kelsey Louie, CEO of Gay Men's Health Crisis and a member of Cuomo's task force. "The positive spin is we know where the problem still persists and can target our efforts. The negative spin is we haven't been effective in reaching these populations."



WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

1 NEWS

Top 3

The best of Metro.us

1 'Ferguson police officer who killed black teen resigns from force'

2 GALLERY: A closer look at the new "Star Wars" trailer

3 Eagles stuff Cowboys in Thanksgiving feast'



On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.



Now hardworking New Yorkers have their own number for health insurance: 1.844.519.5775

At Healthfirst, we believe hardworking people like you make New York City great. So we're watching out for you with health insurance plans for individuals and families. Call us now and set up a meeting. We'll tell you all about:

- New lower rates
- \$0 copays*
- Adult Vision Care**
- Adult Dental Care**
- Large network of doctors and specialists
- Financial assistance for those who qualify

Get affordable health insurance from Healthfirst.

Call 1.844.519.5775
Visit us at www.NYHealthfirst.org

TDD/TYY 1.888.542.3821

Not covered at work?
Unhappy with your current plan?
Think you can't afford a health plan?

Let us help you.
Call us today.



*No copays for recommended in-network preventive care services, including immunizations, routine exams, women's preventive health services, and prostate screening.
**You must enroll in a Healthfirst Platinum, Gold, Silver, or Bronze Leaf Premier Plan to have adult dental and adult vision benefits.

Close shave

Man gets haircut, then robs salon

Police are looking for a man who robbed a Bronx barbershop on Friday, getting a trim before he and two accomplices took off



THE SUSPECT / PROVIDED

with the cash register. Rameal Pierson and two other men entered the Alante Barbershop at 953 Westchester Avenue around 9:42 p.m. Friday, police said. Pierson brandished a gun, robbing other patrons before fleeing. **METRO**

Henry Hudson Parkway

Motorcyclist hit and killed

A Bronx motorcyclist was killed on the West Side Highway on Saturday night when he lost control of his bike and was run over by a minivan.

Miguel Mercado, 44, was traveling south in the left lane when he hit the median near 72nd Street, police said. Mercado



The Parkway / GETTY IMAGES

was thrown from his white 2014 Kawasaki motorcycle, and hit by an on-coming 1992 Mazda minivan in the opposite lane. **METRO**



Passengers disembark as the plane is swept for bombs. / JACOB ROSENBERG

Bomb threat greets AA flight at JFK

Travel. No bombs found on Boeing 767 after landing at JFK. Authorities are looking for caller who made threat.

He said an unidentified caller had reported a bomb threat to police.

Passenger Jacob Rosenberg said Port Authority police suggested the threat may have been tied to a demand for money.

The searches were done by 2:16 p.m., and passengers were bused to customs.

Pentangelo said flights in and out of JFK were not interrupted during the investigation.

Some 100 Fire Department personnel were dispatched to the airport in case of an explosion, an agency spokesman said.

Officials are investigating who placed the telephone bomb threat.

An American Airlines spokeswoman said the company apologized for the inconvenience caused by the alert.



WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

An American Airlines flight from Barcelona was met by the NYPD bomb squad on Sunday, officials said.

Just after noon, Flight 67, a Boeing 767 with 212 passengers, landed at John F. Kennedy International Airport, and was taken to a secure area, where passengers and crew were ordered off the plane and interviewed by detectives.

K-9 and bomb squad units swept the plane and cargo for explosives, finding nothing, said Joe Pentangelo, a spokesman for the Port Authority of New York and New Jersey Police Department.

Tony's Metro Magic toy drive

Help Metro help others

Join Metro in giving to a local child in need this holiday season. Here's how:

- 1 Look for the Tony's Metro Magic logo on our website, Metro.us.
- 2 One click on the logo will take you to a "Wish List" we have set up via a secure link on

Toysrus.com.

3 Once there, you can see all the toys, and more are being added daily. Select the toys you want and purchase them. That's it!

In addition to Toys for Tots, your donations go to local families who are receiving help from the Partnership for the Homeless in New York City.



Meet The Dentists Who Teach The Dentists

Dr. Daniel Jacobs
Specializing in:
General Dentistry

Dr. Priya Dagal
Specializing in:
Crown & Implants

Dr. Mark Leshington
Inventor of the
Snap-On Smile

Dr. Steven G. Goldberg
Inventor of the
DentalVibe

Dr. Eric Marston
Specializing in:
Root Canals

Dr. Benedetta Leone
Specializing in:
Complex Cases

(212) 95 - SMILE (212 - 957 - 6453)

Conveniently located in Lincoln Center & accepting most insurance plans
1995 Broadway (at 68th St), Suite 200, New York, NY 10023

info@ManhattanDentalArts.com

Free snap-on smile Consultation!

Excellent for:

- Missing, chipped, or crooked teeth
- Stains or gaps
- Replaces dentures or partials

Painless, affordable, & temporary solution for a beautiful smile

Don't let your 2014 Flex-Spend Run Out! Call Today!

No More Fear with Sedation Dentistry and DentalVibe Technology

**New Patient Special
Cleaning,
Exam, & X-Ray: \$99**

No Insurance? No Problem!

Ivy League Trained Dentists
Specializing in:

- Cosmetic, General, & Restorative Dentistry
- Implant, Root Canals, & Invisalign

www.ManhattanDentalArts.com

Happy Thanksgiving

Giuliani lights new uproar over Ferguson

Race. Former mayor says black community bears some blame for crime rate.

Former New York Mayor Rudy Giuliani on Sunday stood by his assertion that African-Americans bear responsibility for the violence plaguing communities like Ferguson, Missouri.

During a "Fox News Sunday" discussion about the ongoing protests in Ferguson, Giuliani acknowledged that there are more "unfair" encounters between police officers in black communities than in other places.

While Giuliani put some blame on law enforcement for not better training personnel, for the second weekend in a row, he pointed to violence among African-Americans as part of the problem.

"Just as much, if not more, responsibility is on the black community to reduce the reason why police officers are assigned in such large numbers to the black community," Giuliani said. "This is not a one-sided story."

The former mayor and GOP presidential candidate made similar comments in a heated conversation last week on "Meet the Press" with Michael Eric Dyson, a professor at Georgetown

University and political commentator for MSNBC.

Giuliani said he supported a grand jury's decision last week not to indict Ferguson police officer Darren Wilson, arguing that it would have led to certain defeat in the courtroom.

Giuliani also noted that he has changed his mind on the issue of police using body cameras, suggesting it may have been helpful in cases like the one in Ferguson.

But he defended aggressive policing tactics — like the so-called "stop and frisk" — which has been used in New York and other cities, despite concerns by some that it can lead to racial profiling.

The former mayor then added a caveat: "If you overdo it, and some police departments have, then it is wrong," Giuliani said. "So maybe the answer to that is yes and no."

BLOOMBERG

Quoted

"Just as much, if not more, responsibility is on the black community to reduce the reason why police officers are assigned in such large numbers to the black community."

Giuliani



On Twitter

- "It's amazing that they still let Rudy Giuliani appear on television."

JIM ROBERTS@NYCJIM

- "I see Rudy is doubling down on crazy again"

ERIK VEENHUIS @EBVEEN09

- "Rudy Giuliani: Black people stop making white police officers shoot you"

DEON @THE_REIGNS

- "Dear Rudy Giuliani, I guess no Italian-Americans have ever been involved in crime (cough cough, MA-FIA). Just tell those guys to stop." @FRAUDFEASOR

- "Rudy Giuliani clearly trying to imitate Sarah Palin in a futile attempt to seem relevant. #Racist #Moron #Idiot"

R JOSEPH @RJOSEPH777



Giuliani will say what he will. / GETTY IMAGES

WE BRING THE CARE TO YOU

VILLAGECAREMAX

VillageCareMAX is a
Medicaid Managed Long-Term Care (MLTC) plan
established by VillageCare,
a trusted health care provider for over 35 years.

For more information
800-469-6292 TTY **711**
www.villagecaremax.org

Holiday shopping**Cyber Monday
key to retailers'
holiday success**

The slower foot traffic puts pressure on retailers to wring more money from consumers in December, including during Cyber Monday's e-commerce blitz. Holiday shopping is key for retailers — with sales in November and December accounting for about 19 percent of annual revenue, according to the NRF — and more of that is shifting online.

The Web may not be

a savior for traditional retail, though.

While e-commerce orders are growing, they're still dwarfed by brick-and-mortar sales. The novelty of Cyber Monday also is dimming: The number of shoppers participating in the event is projected to decline.

So far, holiday shoppers have spent \$22.7 billion online this season, up 15 percent from a year earlier, according to ComScore Inc.

Those numbers include more than \$1.5 billion on Black Friday.

BLOOMBERG



Cyber Monday is a big day for Amazon. / GETTY IMAGES

Black Friday sales fall as shoppers stay home

NRF-commissioned survey. The average shopper spent an estimated \$381 over the weekend.

The holiday shopping season got off to a slow start in the U.S. this weekend, with consumers cutting spending by an estimated 11 percent and far fewer bargain hunters hitting stores than predicted.

Consumer spending fell to \$50.9 billion over the past four days, down from \$57.4 billion in 2013, the National Retail Federation said Sunday in a statement. It was the second year in a row that sales declined during the post-Thanksgiving Black Friday weekend, which had long been famous for long lines and frenzied crowds.

Consumers this year were unmoved by retailers' aggressive discounts and longer Thanksgiving hours, raising concern that the industry won't be able to pull out of a slump. The NRF had predicted a 4.1 percent sales gain for November and December — the best performance since 2011. Still, the group cast the latest numbers in a positive light, saying it showed shoppers were confident enough to skip the initial rush for discounts.

The Washington-based NRF had predicted that 140.1 million shoppers would visit retailers this weekend, a small decline from last year's 140.3 million. Instead, only 133.7 million showed up — despite many stores extending their hours during Thanksgiving to boost sales. **BLOOMBERG**



Even as an improving job market and lower gas prices have sent consumer sentiment to its highest level since the recession, many Americans are keeping a lid on Christmas shopping. / GETTY IMAGES

Quoted

"The holiday season and the weekend are a marathon, not a sprint. ... This is going to continue to be a very competitive season."

Matthew Shay, NRF CEO



Brooklyn, Queens, Bronx, & Yonkers AFFORDABLE HOUSING PROGRAM



NOTICE TO THE PUBLIC
ATTENTION New Yorkers
You Can Own A Home!
START WITH ONLY \$1500!

**Homes
Available
NOW!**

**Renovated Move-In Condition Homes Available
In Brooklyn, Queens, the Bronx and Yonkers.**

MOVE IN WITHIN 30 DAYS OR LESS.

**All homes come with new kitchens, new bathrooms
and complete basements. Seller pays all allowable
closing costs.**

**All you need is 3.5% TOTAL MONIES
and you could become a homeowner.**

Good, Bad, or No credit, All Cases Processed.

www.yrentny.com
Hablamos Español

Open 7 days and evenings for this event

MUST REGISTER IN PERSON

CALL NOW FOR AN APPOINTMENT

718.480.7000

Y Rent NY LLC

NYS Licensed • Real Estate Brokers

**116-10 Queens Blvd.,
Forest Hills, NY 11375**

VISIT ADORAMA TODAY

AT 42 W 18TH STREET, NYC BETWEEN 5TH AND 6TH AVENUES

STORE HOURS

Sun 9:30am-5pm
M-Th 9am-8pm
Fri 9am-2pm
Sat Closed

EXPRESS PICK-UP!



ORDER ONLINE
and pick-up quick

Learn more at adorama.com/help/storePickup

FREE EXPEDITED
1 to 3 day shipping!

Up to 4% Rewards*
& Essential Accessories FREE*

SONY

CYBER MONDAY SAVINGS!

SAVE HUNDREDS IN INSTANT REBATES

*on qualifying items

Free Extended 1 year warranty plus Accidental Damage coverage on all these products! Up to \$150 value!

a7 Mirrorless Camera

Reg Price \$1,698.00

Instant Savings \$400

Starting From: \$1,298.00

\$51 per week*



Need a grip?

SAVE ADDITIONAL \$200

Trade in your old gear and
GET A BONUS OF UP TO \$345
plus the full value of your trade

SONY

EXP: 01/03/2015

a6000 Mirrorless Camera

Reg Price \$648.00

Instant Savings \$200

Starting From: \$448.00

\$18 per week*

Bundle with Sony 55-210mm or
50mm F1.8 Lenses

Savings of up to additional \$200



SONY

EXP: 01/03/2015

a58 Translucent Mirror DSLR with 18-55mm Lens

Reg Price \$598.00

Instant Savings \$200

Now Only! \$398.00

\$16 per week*

Bundle with Sony 55-200mm, 55-300mm
or 18-135mm Lenses

Savings of up to additional \$250



SONY

EXP: 01/03/2015

SONY



Cyber-shot DSC-RX100 Digital Camera

Reg Price \$498.00

Instant Savings \$50

Now Only! \$448.00

\$18 per week*

EXP: 12/06/2014

SONY



Cyber-shot DSC-HX50V Digital Camera

Reg Price \$448.00

Instant Savings \$150

Now Only! \$298.00

\$12 per week*

EXP: 12/06/2014

SONY



HDR-CX240 Full HD Handycam Camcorder

Reg Price \$228.00

Instant Savings \$100

Now Only! \$128.00

\$5 per week*

**FREE Lexar 16GB
Micro SD Memory Card**

SONY



HDR-PJ275 8GB Full HD Handycam Camcorder

Reg Price \$398.00

Instant Savings \$70

Now Only! \$328.00

\$13 per week*

**FREE Lexar 32GB
Micro SD Memory Card**



SHOP



RENT



PRINT



LEARN



TRADE



FlexShopper™

Flexshopper prices displayed are
estimates only - actual payment may differ.
Flexshopper not available for all states.
Please see a store sales associate for details.

No Credit? No Cash? No problem!

*This is an estimated weekly payment, rounded to the nearest dollar for the merchandise shown if you were to acquire ownership after making 52 weekly payments. The actual weekly payment may vary depending on your spending limit and how much you spend; the actual weekly payment will be in your lease. Ownership is optional and you may purchase or return the merchandise at any time after the initial payment has been paid, the minimum lease period has been met and provided proper notice is given to FlexShopper per your lease. See your lease for more information regarding ownership and minimum term.

ADORAMA

MORE THAN A CAMERA STORE

42 W 18TH ST NYC | 212.741.0063 | ADORAMA.COM

FOLLOW US #adoramagifts



Ferguson cop who shot teen quits job

Officer. Wilson will not receive a severance payment or continued benefits, Mayor James Knowles said.

Darren Wilson, the white police officer whose shooting of an unarmed black teenager sparked racial unrest in Ferguson, Missouri, resigned from the force in response to threats, the town's mayor said today.

"We've now severed ties with Officer Darren Wilson," Knowles said.

While the city of Ferguson didn't seek Wilson's resignation, Knowles said he hoped it would help calm some of the unrest produced by nightly protests outside the police station. Knowles also said the city had created a civilian review board to evaluate



A "wanted" poster is seen near the Ferguson Police Department. / GETTY IMAGES

Quoted

"I'm not willing to let someone else get hurt because of me."

Wilson told the St. Louis Dispatch

police policies and step up efforts to recruit more officers from minority communities.

Wilson learned about threats to police officers "related to his continued

employment" and decided it would be better to resign, his attorney, Neil Bruntrager, said in an interview today on "Fox News Sunday." He didn't provide more detail.

"When Darren was told that, he simply said, 'That's enough,' and it was time to resign," Bruntrager said.

A grand jury examining evidence in the case declined last week to bring charges against Wilson, 28, who shot and killed teenager Michael Brown in August in the St. Louis suburb.

Two people were arrested in Ferguson Saturday night, following at least 16 arrests the prior evening, according to the St. Louis County Police. Demonstrators angry at the grand jury decision also shut down shopping malls and planned a 120-mile march to the Missouri capital to protest the killing.

BLOOMBERG

FREE

½ Hour
Massage &
Consultation
(some restrictions apply)

New York City's Premiere
Medi-Spa and Wellness Center



manhattan total health

SPORTS MEDICINE • PHYSICAL THERAPY • CHIROPRACTIC
ACUPUNCTURE • MASSAGE THERAPY

Grand Central:
144 E. 44th St., 6th Fl.
New York, NY 10017
(212) 905-0090

Midtown:
22 E. 49th St., 5th Fl.
New York, NY 10017
(212) 832-9127

West Side:
57 W. 57th St., Ste. 1012
New York, NY 10019
(212) 906-0140

Wall Street:
39 Broadway, Ste. 610
New York, NY 10006
(212) 514-5868



www.manhattantotalhealth.com



Bryant Park Tree Lighting

presented by
Bank of America

Tuesday, Dec. 2nd at 6pm • FREE

INGRID MICHAELSON

EVAN LYSACEK

SANTA, AND MORE!



Bank of America
Winter Village
at Bryant Park

in support of

(RED)

6th Ave. and 42nd St. • wintervillage.org

#wintervillage



Most of my patients say
"I wish I had done this sooner!"

Varicose Veins be Gone.

Do you suffer from?

- Veins that are dark purple or blue in color
- Veins that appear twisted and bulging
- An achy or heavy feeling in your legs
- Burning, throbbing, muscle cramping and swelling in your lower legs
- Worsened pain after sitting or standing for a long time
- Skin ulcers near your ankle

**All of these can mean you have a serious form of
 Vascular Disease that Requires Medical Attention.**

New York City's Premier Vein Only Practice

.....
Most Insurance Accepted!

FAST, NON-INVASIVE TREATMENTS FOR
 Varicose Veins • Spider Veins • Facial Veins



DAVID M. GLASS, MD, FACS
 Board Certified Vascular Surgeon
 25 Years of Experience



1-718-996-4400 • www.NewYorkVeinCenter.org

©COPYRIGHT 2013, NEW YORK VEIN CENTER. ALL RIGHTS RESERVED
 DOWNLOAD THE NYVC APP IN THE  APPLE APP STORE

Seaport
District
NYC

Winter/Edit

Seaport Tree Lighting

Dec 2 / 5:45PM

Live Performance + Special Guest DJ

Get your Xyloband*.
Light the tree. Celebrate the season.

*While supplies last

#SeaportDistrictNYC
SouthStreetSeaport.com



Howard Hughes
THE HOWARD HUGHES CORPORATION

Endorsement. Ronaldo beats Messi with Facebook posts worth \$147,750

Cristiano Ronaldo snatched the last world soccer player of the year title from Barcelona's Lionel Messi, and the Real Madrid forward is winning the competition to be the sport's top endorser on Facebook Inc. as well.

A post by the Portugal national team player is worth an average of \$143,750 of advertising for the brand he's endorsing, twice that of four-time player of the year Messi, according to research by Cologne, Germany-based consultancy Repucom using fan engagement and online advertising rates. A post by Argentina's Messi is worth an average of \$62,500, Repucom said.

Soccer players are dedicating time to social media with a view to commanding bigger endorsement deals, Max Barnett, Repucom's head of digital in the U.K. who has advised soccer players on strategy, said by telephone. "Ronaldo is the king in



Cristiano Ronaldo and Lionel Messi / GETTY IMAGES

Quoted

"People like Cristiano because he has a strong personality." Correia

Facebook," Barnett said.

About "five or six" people work on Ronaldo's social media, according to Luis Correia, chief executive officer of Lisbon-based Polaris Sports Ltd., which

manages his image rights. A spokesman for Messi's affairs who spoke on the condition of anonymity said by phone from Barcelona that he also has a "small team" focused on his Internet presence.

Ronaldo has 102.5 million Facebook followers to Messi's 75.7 million, and the value is also created because he gets more "likes" and comments, according to Barnett.

BLOOMBERG

STRAIGHT Talk



E.D. medication not working?

What do men do when Erectile Dysfunction pills aren't effective? Don't like the idea of expensive penile injections, suppositories, and vacuum pumps? Get the facts on an inflatable penile prosthesis (IPP): a permanent solution—covered by many insurance plans—which allows an erection as often as you like, for as long as you wish.

Attend a **FREE** seminar sponsored by Coloplast Corp. to educate men and their partners about an advanced, **DRUG FREE** treatment for E.D.

FREE REFRESHMENTS WILL BE SERVED

Featuring:

Dr. J. Francois Eid
A board certified urologist specializing in the treatment of E.D.

Also featuring:

A patient who permanently corrected his E.D.

Wednesday, December 3, 2014

Refreshments available at 6 p.m.
Presentation begins at 6:15 p.m.

The New York Marriott East Side
Morgan B Room
525 Lexington Ave. at 49th St.
New York, NY 10017

To reserve your space or for more information about this **FREE** seminar, please call: **(866) 233-9368**.

PARTNERS ARE ENCOURAGED TO ATTEND

An educational series, sponsored by Coloplast Corp., designed to inform and empower. www.ColoplastMensHealth.com



Painful Varicose Veins and Swollen Legs?



Now is the time to take care of it!

Varicose veins are MORE than just a cosmetic problem. They can also be a warning sign of a condition called Venous Insufficiency that kills over half a million people every year.



Do you have any of these symptoms?



Check all the boxes that apply to you:

- | | |
|----------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Varicose Veins | <input type="checkbox"/> Heaviness and Swelling |
| <input type="checkbox"/> Spider Veins | <input type="checkbox"/> Skin Discoloration |
| <input type="checkbox"/> Itching and Burning | <input type="checkbox"/> Ulcers and Blood Clots |
| <input type="checkbox"/> Leg Pain and Cramps | <input type="checkbox"/> Problem Walking Long Distances |

You may have a serious medical condition called Venous Insufficiency.

USA Vein Clinics will help you!

Our non-surgical, minimally invasive and painless endovenous procedure only takes 15 minutes.

Covered by Medicare and Most Insurances

• Named "Best Vein Center" and "Leader in Health Care" five times!

**Trust your legs ONLY to the top specialists...
at USA Vein Clinics!**

Call (917) 717-5135 or Visit us at:
New York:



1153 First Avenue,
Manhattan, NY 10065

2511 Ocean Ave, Ste 102,
Brooklyn, NY 11229

2444 86th St, Ste A,
Bensonhurst, NY 11214

116-02 Queens Blvd,
Forest Hills, NY 11375

64 Nagle Ave,
Washington Heights, NY 10040

260 W Sunrise Hwy, Suite 102,
Valley Stream NY 11581

New Jersey: 766 Shrewsbury Ave, Ste 300, Tinton Falls, NJ 07724

VISIT US AT 59TH BETWEEN
PARK & MADISON

TURN HEADS



meira^T

14K WHITE GOLD DIAMOND
(0.29CTW) NECKLACE

\$1,300

MICHAEL C. FINA
1234 5678 9101 1123
JOHN ANDREW SMITH

INTEREST FREE
FINANCING AVAILABLE.
SEE STORE FOR
DETAILS.

MICHAEL C. FINA®
500 Park Avenue | New York | 800.289.3462
www.michaelcfina.com

metro

www.metro.us
Monday, December 1, 2014

NEWS 12

OMG! Dutch Bitcoin Cyborg keeps currency under his skin



Martijn Wismeijer thinks that a chip under his skin is less invasive than silicone breast implants, piercings or tattoos. / MARTIJN WISMEIJER

A Dutch entrepreneur has had computer chips implanted into his hands to securely store currencies like Bitcoin. Martijn Wismeijer, the co-founder of the startup MrBitcoin, which operates crypto-cash ATMs in and around Europe, underwent the painful procedure earlier this month.



Visit us online at
Metro.us/omg for
more interviews.

The NFC (near-field communication) technology tags can be read by smartphones such as the Apple iPhone 6 and the Samsung Galaxy S5.

The chips can also be used to program a personalized alarm clock, and the Amsterdam-based Wismeijer hopes to throw away the keys to his house and install



MARTIJN WISMEIJER
MARTIJN WISMEIJER

an NFC-enabled door lock.

He explains to Metro why the procedure isn't as extreme as it might seem.

Don't you think you've gone too far?

Well, you don't know you want it until you have it. In a way, it is the same reaction people had before the Internet or mobile phones.

But isn't it dangerous for your health?

I am not sick, so my doctor is not going to help me inject something into my body. I think he has a fair point there. As long as the installation procedure is done correctly, I don't think there are any dangers myself, but the manufacturer clearly states the transponder device has not been tested or certified by any regulatory agency for implantation or use inside the human body.

You literally have the technology in your hands. How do you feel about it?

I feel that by supporting these biohacking developments we can learn what works and what doesn't. Now that I have used them for a few weeks, it is possible to store my Bitcoin in an encrypted format. In the not-so-distant future we will be able to implant new models with more functionality like vital health monitoring devices. WANISE MARTINEZ, METRO WORLD NEWS

This might sting

Was the procedure painful?

"It was a bit painful at first, but after a few days my hands were no longer swollen. Now, almost three weeks after, only when I need to use them do I think about them. Otherwise, it is not an issue. Other than the fact that my friends now call me MrBitcoin, Chip or Bitcoin Cyborg, it's life as usual."

ARTS BROOKFIELD PRESENTS

ZUCCOTTI PARK
HOLIDAY LIGHTING

DECEMBER 3, 2014 | 5:30 - 6:30 PM
ZUCCOTTI PARK (BROADWAY & LIBERTY ST.)

PERFORMANCES BY
THE MANHATTAN KLEZMER
METROPOLITAN KLEZMER

FREE TO ATTEND

KICK OFF THE HOLIDAYS WITH
LIVE MUSIC AND SWEET TREATS!

artsBrookfield25
ART SET FREE

ArtsBrookfield.com

Twitter Facebook YouTube Instagram @ArtsBrookfield

Weaver ants

- **Nest-building:** Ants create strong ant chains by using precise coordination to link their legs to pull and bend plant leaves into desired tent-like constructions. They use their own larvae to secrete a silk used to stitch leaves together.
- **Pest control:** About 1,700 years ago, farmers in China first used weaver ants to keep rodents out of their valuable citrus orchards.



ADHI PRAYOGA / SOLENT NEWS

Zoom**Ants try to carry water to nest**

A colony of ants look like they've struck gold as they work together to try to move a giant ball along a thin branch.

But what appears to be a priceless nugget is actually a precious droplet of water.

As many as two dozen weaver ants gather on the branch in a bid to carry the droplet back to their nest. **METRO WORLD NEWS**

Photographer says:

"The ants worked hard, but the dew melted due to heat and light and the movement from ants. After that, they began to overheat and perform activities under the grass and in the nest in order to avoid the heat."

Adhi Prayoga, 42, photographer from Mataram, Indonesia

Mobile devices**FAA drone rules to address certification and operation**

Aviation officials have seen hundreds of cases in which unmanned aircraft may have posed a danger to planes, and new rules on drones expected this year are designed to prevent collisions and other accidents, the top aviation official said on Sunday.

"The thing that we are most concerned about is to ensure that any aircraft in this system do not come into conflict with one another," Michael Huerta, who leads the Federal Aviation Administration, said on CNN's "State of the Union."

The new FAA rules on drones, expected this year, will address how drones are certified, the purposes for which they can be used and who is qualified to operate them, Huerta said.

REUTERS

LIMITED TIME OFFER: PRESENT THIS AD 12/2-12/4

GEAR UP FOR GAME DAY!
25% OFF YOUR
ENTIRE PURCHASE!*



NBA STORE

590 FIFTH AVENUE (BETWEEN 47TH & 48TH STREET)

nba.com/nbastore • 212-515-NBA1 • Mon-Sat 10am-9pm Sun 11am-7pm

*Present this ad at any register to receive 25% off your purchase. Offer excludes gift cards, launch footwear and video games and valid only at the NBA Store NYC from 12/2-12/4/14. Limit one per person, per transaction. Cannot be combined with any other offer. Not valid on previous purchases.



4 00032 74024 8

Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

by OsteoRelief Center

OsteoRelief Center is a medical clinic with locations in Mid-town NYC, Financial District NYC And north Jersey that has treated thousands of knee arthritis patients since 2009.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee arthritis pain, you have probably already tried many treatments ... especially countless pain medications.

Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

OsteoRelief Center is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the country to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1

Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make natural synovial fluid gel-like compounds that, during viscosupplementation, treatments... doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at OsteoRelief Center use advanced digital imaging so they can see the medicine going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this special digital imaging without good results - this may be why.

That's why OsteoRelief Center takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Osteorelief Center use several and great effort is taken to figure out what the best one for YOU is.

One last thing: The experts at OsteoRelief Center have found that the earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why OsteoRelief is now seeing so many patients as young as 45.

Summary: If you have knee arthritis pain and have not tried Viscosupplementation, you should look into it as soon as possible.

If you have tried it without good results, you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including visco supplementation fail... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true... and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2 Radiofrequency Neurotomy

This treatment is called, "Radiofrequency Neurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerves

Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (G - RF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a postprocedure adverse event during the follow-up period. RF neurotomy of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all research, more studies should be done to get even more answers.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

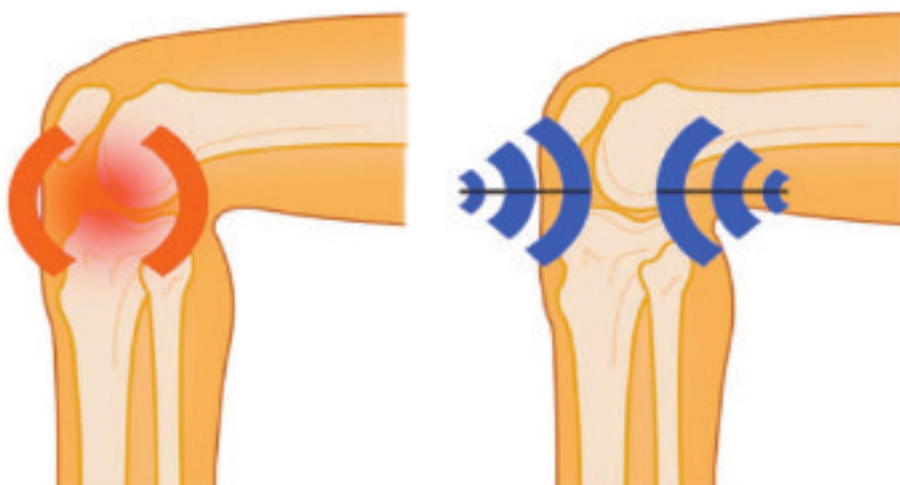
Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

OsteoRelief Center believes this "X" factor is one of the

Advanced Treatment Uses Radio Frequencies To Relieve Knee Arthritis Pain



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

reasons so many knee arthritis sufferers travel from all over the country to be treated at one of their advanced medical clinics.

Your Invitation

OsteoRelief Center offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments

offered at OsteoRelief Center.

If you would like a complimentary screening, just call 800-227-KNEE(5633) and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up

fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and Medicare.



**Locations in Park Ave. NYC,
Financial District, NYC & Northern NJ
800-227-KNEE(5633)**

Waterfront Rehab
115 River Rd, Edgewater, NJ
Exec Director: Alex Garger MD

Park 34 Medical
15 Park Avenue, New York, NY
Exec Director: Alex Garger MD

Downtown NYC Medical
130 William Street, New York, NY
Exec Director: Gazelle Craig DO

Naomi Watts: 'I believe that we can end AIDS epidemic by 2030'

World Aids Day.

Actress and UNAIDS goodwill ambassador tells Metro why we must continue to fight the epidemic to eradication.

Naomi Watts has witnessed huge progress in the treatment of the HIV/AIDS since becoming an UNAIDS goodwill ambassador in 2006. But the Academy Award-nominated British actress knows that this is not enough.

Why did you choose this particular fight?

When I first started working with UNAIDS the facts and numbers shocked me: So many people did not have access to treatment and the epidemic was fuelled by a lack of

education and access to prevention measures. The AIDS epidemic often affects the most vulnerable in society — people who don't have a voice — and I found I could help voice their needs.

Do you feel things have changed since you first got involved in 2006?

Yes, we've already seen the number of AIDS-related deaths fall by nearly 50 percent. We know how to prevent infection, and treatment is available for people living with HIV. The issue now is the fight to remove the stigma associated with HIV along with making sure everyone, everywhere can have access to accurate prevention information and access medications.

Do you think the goal of an HIV-free generation is achievable?

Yes, I really do. I have the privilege to work closely with UNAIDS Executive Director Michel Sidibé on championing the new UNAIDS strategy, which aims to end the AIDS epidemic by 2030. We can do this by "fast-tracking" the AIDS response, focusing on HIV in cities and other locations and on the most vulnerable groups. We should all be able to live in a world where no babies are born with HIV.

What is your message for the younger generation?

Show solidarity and don't discriminate. Learn how to be smart and protect yourself but also understand what living with HIV means. Prevention is always better than treatment. Every effort, no matter how small, in this direction will contribute to helping us end the AIDS epidemic. **ELODIE NOËL / MWN**



Naomi Watts said she believes that people who are well-known have a responsibility to speak out about HIV and fight against the stigma and discrimination attached to the disease. / GETTY IMAGES

Quote

"We should all be able to live in a world where no babies are born with HIV."

Naomi Watts, actress and UNAIDS goodwill ambassador

How you can help

- 1 Learn the facts and share them with your friends and family and through social media.
- 2 Protect yourselves and your loved ones.
- 3 Support people living with or affected by HIV.
- 4 Donate to UNAIDS: Donations.UNAIDS.org.

Snorers, need a more attractive option?



We offer effective treatments beyond the CPAP mask.

If you've forgotten what it feels like to get a good night's sleep, due to snoring or sleep apnea, join the thousands of patients who have been successfully treated by our doctors.

At **eos sleep**, our physicians diagnose and treat the many causes of snoring and sleep apnea, and consider all of your options before recommending a treatment plan. Our in-office, minimally invasive treatments have proven to be a dream come true for many of our patients **and** their bed partners.

Most Insurance Plans Accepted.

For more information and to hear our patient testimonials, visit

eossleep.com

**Call 1.800.eossleep
800.367.7533**

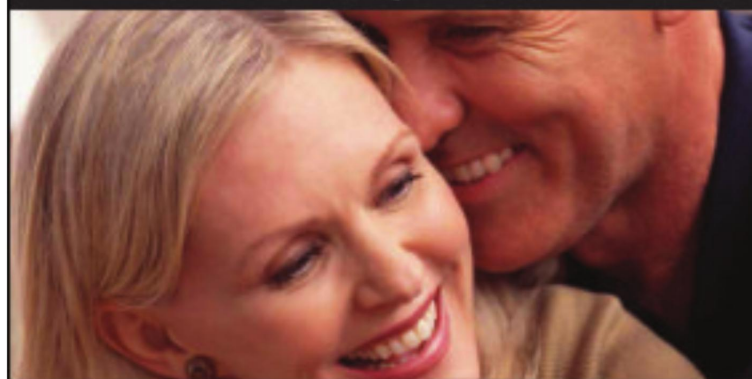
eos sleep™

For the treatment of snoring and sleep apnea

20 EAST 66TH STREET NYC • 262 CENTRAL PARK WEST NYC
589 BROADWAY NYC

833 NORTHERN BLVD GREAT NECK

Did you know there is a SATISFYING TREATMENT for Erectile Dysfunction?



For men with erectile dysfunction (ED), medication is not the only answer and may not work for some patients.^{1,2,3,4} The inflatable penis pump/prosthesis is a treatment that hundreds of thousands of men have chosen as a successful way to return to an active sex life.⁵

Get the facts on how a treatment for ED may significantly improve your sexual satisfaction.

Attend a FREE Men's Health Seminar:

Presented by: Seth D. Cohen, M.D., M.B.H.

Wednesday, December 3, 2014 • Registration: 5:30 p.m.; Seminar: 6:00 p.m.
Mamaroneck Eye, Ear, and Throat Hospital • Second Floor, Corwin Hall
210 East 64th Street, New York, NY 10021

Partners and guests welcome. Refreshments will be served.

Space is limited, call to register today. 1-877-433-3873

1. AMS 700® Patient Manual. Information and Instructions for Patients Considering an Inflatable Penis Prosthesis. American Medical Systems, 2012.

2. Viagra® Prescribing Information, Pfizer Inc. Revised January 2010.

3. Cialis® Prescribing Information, Lilly USA, LLC. Revised October 2011.

4. Levitra® Prescribing Information, Bayer HealthCare Pharmaceuticals. Revised November 2011.

5. Penis prosthesis. <http://www.ams.us.org/society/who/insured/oral/treatment/oralprosthesis.html>. European Society for Sexual Medicine (ESSM) Web site. Downloaded May 2013.

American Medical Systems, Inc. has sponsored funding for this patient seminar and accompanying educational material. As with any medical procedure, there are benefits and risks. Visit EDCare.org or consult your physician for more information.

AMS
on male health solutions

Rx Only

The device marks are trademarks or registered trademarks of American Medical Systems, Inc. © 2014 American Medical Systems, Inc. All Rights Reserved. Minneapolis, MN 55343
AMSUS/PH-0017/EC/November 2014 www.AmericanMedicalSystems.com 1-800-328-3888
U.S. Use Only

Are you HIV+ and on treatment?

Researchers at the Rockefeller University are looking for volunteers to come to Rockefeller's campus to donate blood, which will be used to evaluate HIV levels and types of HIV in volunteers that are on or off HIV treatment

Compensation is provided

You may be eligible if you:

- **Are HIV+**
- **Are between the ages of 18-65**
- **Do not have Hepatitis B or C**

Participation involves:

- **Blood samples**

**To learn more, contact
our Recruitment Specialist
at 1-800-RUCARES or
email us at rucares@rockefeller.edu**

"I want a health plan that



FIDELIS CARE®

Quality health coverage. It's Our Mission.

Fidelis Care offers quality, affordable New York State-sponsored health insurance for children and adults of all ages and at all stages of life.

From NY State of Health: The Official Health Plan Marketplace, to Child Health Plus, Medicaid Managed Care, Medicare Advantage, Managed Long Term Care and more, we have a program that meets your needs.

And, with our growing provider network, you can see a Fidelis Care doctor almost anywhere you go in New York State!

We have a health insurance program that's right for you – and the ones you love.

1-888-FIDELIS | fideliscare
(1-888-343-3547) • TTY: 1-800-421-1220

covers me...and my family."



Save the Dates for Open Enrollment!

Product:	Enroll From:
• Medicare Advantage	October 15-December 7, 2014
• Metal-Level Products in NY State of Health	November 15, 2014 - February 15, 2015
• Child Health Plus • Medicaid Managed Care	All Year Long!

Products not available in all counties.

To learn more about applying for health insurance including Child Health Plus and Medicaid through NY State of Health, the Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 1-855-355-5777.

re.org



To renew your coverage each year, call 1-866-435-9521

Alternative education



Stop gazing out the window and learn something. / FUSE

Pick up new skills while flying

Frequent travelers are used to watching sitcoms, movies and even playing video games during flights. Now one airline says it will soon be offering some more intellectually stimulating fare.

Inside Higher Ed reports that JetBlue passengers will soon be able to take massive open online courses (better known as MOOCs) on its flights. Through a partnership with the education platform Coursera, the airline plans to offer 10 new e-learning videos on its in-flight wi-fi network by the end of the year.

But don't think these classes will be easy just because you'll be taking them from 15,000 feet above ground. Among the courses offered include "Introduction to Marketing" from the University of Pennsylvania's Wharton School of Business and classes from the Berklee School of Music. **LAKSHMI GANDHI**



Applying to college? Clean up your social media first

First impressions. It might be a good time to get a new email address.

High school seniors across the country are putting the final touches on their college applications. But as they're editing their essays and résumés one last time, they may forget to do one more important thing — spruce up their social media.

A new report by Kaplan

Test Prep found that college admissions officials say that high schoolers are getting savvy when it comes to the impression they are making online and that fewer students are making mistakes that could derail their admissions chances. To make sure you're putting your best foot forward, follow these three simple steps before applying to school:

1 Create a professional email address. Is your personal email address your nickname or an inside

joke among your friends? Now's the time to get a more grown-up-sounding address. You won't impress admissions officials with an email address such as FutureMrsHarryStyles @[company].com.

2 Set your Twitter account to private. While it's fun for



Learn Medical Billing.



Call to receive your **careerbuilder®** Career Guide.

877-479-0333
sanfordbrown.edu

Classes start
January 26th.
Weekend Classes
Available!

120 E. 16th Street | New York, NY 10003
711 Stewart Avenue | Garden City, NY 11530



Licensed by the New York State Education Department. Sanford-Brown cannot guarantee employment or salary. Credits earned are unlikely to transfer. Find employment rates, financial obligations and other disclosures at www.sanfordbrown.edu/disclosures. 791279 SBNY-36445 06/09/14

Begin or Advance Your Studies and Career in Media!



MASTER OF SCIENCE IN MEDIA STUDIES

The Department of Television and Radio, Brooklyn College / CUNY

- Small classes, seminar-style teaching
- Full-time or part-time
- Evening classes
- Downtown Manhattan location

INFORMATION SESSION

December 3
6-8 pm

Graduate Center for Worker Education,
25 Broadway in Lower Manhattan, 7th Floor

For more information:
Phone: 718-991-5855
Email: medastudies@brooklyn.cuny.edu
Website: <http://www.brooklyn.cuny.edu/medastudies>

Brooklyn College
The City University of New York



Think about setting your social media accounts to private. / FUSE

you and your friends to tweet at each other about your weekends and favorite shows, the whole world doesn't need to see it.

You can always switch it back to a public account once you're safely accepted at one of the universities you applied to.

3 Don't criticize schools online. Did you just have the worst visit to a campus ever? Be careful who you share those details with. Many schools track their mentions on Facebook and Twitter.



LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

NYU. New rule gets some undocumented students financial aid

Here's some good news for undocumented students with college aspirations: New York University has announced that some prospective students are now eligible for university scholarships.

Applicants who can provide proof that they've resided in New York state for at least three years will now be considered for the financial awards. However, current undocumented students will not be affected by the new rules.

"After a year of conversations with the NYU Office of Financial Aid, the DREAM Team is happy to announce that NYU has taken a small but significant step to making NYU more accessible to undocumented New York students," wrote the NYU Dream Team, a group of student activists on campus, in a Facebook post.

In a statement, the university noted that the

rule change now makes the financial aid rules for both undocumented and documented students more equal. "We believe NYU offers a great education and the intent of this pilot is to offer additional financial support to help enable eligible undocumented men and women from New York to attend NYU," the statement read.

LAKSHMI GANDHI



School just got less expensive for undocumented NYU applicants. / FUSE



Diagnostic Medical Sonography CAREER TRAINING

CENTER FOR ULTRASOUND RESEARCH AND EDUCATION

CALL 1-855-THE CURE

www.cure.edu

WESTCHESTER COUNTY, NEW YORK

metro

METRO IS THE **MOST READ** FREE DAILY NEWSPAPER IN NEW YORK WITH 709,300 DAILY READERS

Source: Scarborough 2012-13

FOR ADVERTISING: advertising@metro.us or 212-457-7735



LIBI

LONG ISLAND BUSINESS INSTITUTE

The College for Career Education

Welcome To Your Future

GET THE CAREER YOU DESERVE. BECOME A GREAT PROFESSIONAL



Homeland Security & Security Management



Emergency Care Management
Health Administration & Technology



Business Management
Accounting
Office Technology & Medical Office



Hospitality Management



Community Interpreter

ASK ABOUT OUR **2+2** BACHELOR DEGREE TRANSFER OPTIONS

HS Graduate Scholarships
No Loan Necessary

Lifetime Job Placement Assistance

State & Federal Financial Aid Available To Those Who Qualify

APPLY NOW!

• Two Locations for your Convenience •

Manhattan Campus

212.226.7300

408 Broadway, New York, NY 10013

Queens Campus

718.939.5100

136-18 39th Avenue, Flushing, NY 11354

WWW.LIBI.EDU

REGISTERED COLLEGE IN NEW YORK STATE



TURN YOUR PASSION FOR CARING INTO A REWARDING HEALTHCARE CAREER WITH STAR!

Train For a Career in Healthcare and Work in:
Hospitals • Doctors' Offices • Medical Clinics

Day/evening classes • Hands-on training • Financial aid (to those who qualify)



www.StarCareer.edu

GET STARTED TODAY!

Must have H.S. Diploma or GED

212-430-3675 Call Now!

Manhattan Campus - 154 W. 14th St.

Licensed by N.Y.S. Ed. Dept.; Accredited by ACCSC.

For more information about our graduation rates, the median debt of students who completed the program and other important information, please visit our website at www.starcareer.edu/consumerinfo.php



Colleges turn to therapy dogs to help students deal with stress

Finals. Stress relief is only a wag of the tail away.

"Doggy!" This is the reaction most people have when a dog crosses their path. For years, studies have examined how dogs help people deal with difficult topics such as illnesses and grief.

Given this, it seems only natural that college campuses across the country would start to use therapy dogs to help relieve the significant stress among students that can build up as they juggle science labs, work-study jobs and writing 20-page papers.

Enter Jersey, an adopted Carolina blend who recently became Drexel University's first



Kathryn Formica and Jersey, hard at work in their shared office. / PROVIDED

canine employee. (He even has his own official identification card.) With Jersey's hiring, Drexel has become the first university in the country to have an on-site therapy dog throughout the academic year.

Jersey can be found

on the third floor of the recreation center in the office of Kathryn Formica, his owner and the coordinator of student fitness and wellness in the Drexel Recreation Center. Formica explains that she sees an average of 10 to 25 student visi-

tors per day, but around midterms it spiked to 30 students or more.

"I was excited that he's not in a library setting, because it gets students into our building to see the gym facilities," Formica says. "They can see other alternative

The bright side

Furry Therapists

Here are some other ways schools incorporate therapy dogs into campus life:

Harvard has a Shih Tzu named Cooper in their Library of Medicine, and New York University has had therapy dogs visit its campus to interact with law students.

So students, as the dread of finals approaches, even if your college doesn't have a therapy dog, seek out your own version of one. Here are a few suggestions:

Go for a stroll

Head to a local park near campus and park yourself on a bench. Trust us, you'll see lots of dogs walking with their humans.

Create your own private session

Find a pet store and pick an adorable dog to look at. That will get you at least 10 minutes of puppy love.

MOLLY CONGDON
@metronewyork
letters@metro.us

WHAT'S YOUR NEW YEAR'S RESOLUTION?

JUMPSTART YOUR NEW YEAR TRAINING FOR A NEW CAREER

ATTEND OUR PERSONAL TRAINING FIELD DAY
TUESDAY, DECEMBER 2ND 12:00PM OR 4:30PM
LEARN EXERCISE BASICS THAT YOU CAN USE
AT HOME OR IN THE GYM!



Swedish Institute
College of Health Sciences

Please visit our admissions office at

151 West 26th Street
1-888-530-9582

www.swedishinstitute.edu



Swedish Institute's programs are registered with and regulated by the New York State Education Department. Accredited by ACCJC. For important information on program costs, completion and placement rates, retention, debt incurred, etc., please visit <http://www.swedishinstitute.edu/disclosures>

The Ugly Face of Depression

MSH-U

Not Seeing Results from your Antidepressant?

If you've tried treatment for depression and found that it didn't help enough, you may be interested to know that doctors in your area are conducting a research study with an investigational, add-on antidepressant medication.

If you are 21-70 years of age, you may be eligible to receive evaluation of your depression with our Board Certified physician, study medication or placebo, and visits to our private clinic, all at no cost. Please call for more information.

(212) 595-5012

The Medical Research Network, LLC

134 E. 93rd St, NY, NY 10128 • www.MedicalResearchNetwork.com

Special Weekend Classes

Complete Your Degree On Weekends
To Fit Your Busy Schedule

Business • Medical Assisting • Massage • Paralegal

Call Appointment Hot-line Now!

(866) 237-7037

mildred-elley.edu



Ready For a Career Change?

Prepare for Success with
Practical Nurse (LPN)
Career Training

Call Appointment Hot-line Now!

(888) 505-2101

mildred-elley.edu



Mildred Elley career college • 25 Broadway, Floor 16 | New York, NY • Accredited by ACCJC. Approved by ACCES-VR. Approved for VA Education Programs Such as GI Bill & MyCAA International Students Welcome • For program details and disclosures including Albany extension site, programs visit mildred-elley.edu/disclosures

BUY 1 WINDOW GET 1 WINDOW

50% OFF¹

Because our window's Fibrex material is **twice as strong as vinyl**, our window will help make your home **safer, stronger and more comfortable**. And right now, buy one of our windows—**ANY SIZE**—and your next window is **50% OFF!**

- › **EVERY** double hung window
- › **EVERY** casement window
- › **EVERY** gliding window
- › **EVERY** specialty window



SPECIAL OFFER!

CALL BEFORE DECEMBER 14TH!

BUY 1 WINDOW
GET 1 WINDOW
50% OFF¹

WITH

\$0

MONEY DOWN

0

PAYMENTS

0%

INTEREST

FOR 1 YEAR

Offer only available as part of our Instant Product Rewards Plan.

Are your home's windows drafty? Or causing your heating bills to skyrocket? If so, now is **not** the time to consider poor-quality vinyl windows. Unlike some other windows, our exclusive Fibrex material windows are tested to withstand our absolute weather extremes. And as the **replacement window division of Andersen**, our windows are built to be stronger than they have to be.

Renewal
by Andersen®

WINDOW REPLACEMENT



an Andersen Company

CALL FOR YOUR
FREE WINDOW DIAGNOSIS

800-357-3815

¹Restrictions and conditions apply; see your local representative for details. Cannot be combined with prior purchases, other offers, or coupons. No adjustments to previous orders. Offer not available in all areas. 50% discount applied by retailer representative at time of contract execution and applies to minimum purchase of 6 or more windows. Discount applied to lowest priced window products in purchase. Offer does not include bay/bow windows. Offer only available as part of our Instant Product Rewards Plan. As part of the Instant Product Rewards Plan, all homeowners must be present and must purchase during the initial visit to qualify. To qualify for discount offer, initial contact for a free Window Diagnosis must be made and documented on or before 12/14/14 with the appointment then occurring no more than 10 days after the initial contact. 0% APR for 12 months available to well qualified buyers on approved credit only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 12 months. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. Any finance terms advertised are estimates only and all financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. NJ Consumer Affairs License #: 13HV01541700. NYC Consumer Affairs License #: 1244514. Nassau Consumer Affairs License #: H0810150000. Suffolk Consumer Affairs License #: 43991-H. NYC 1307704. Rockland County License #: H-11942-07-00-00. Renewal by Andersen of Central/Northern NJ and Long Island are independently owned and operated affiliates operating in the NJ/NY metropolitan area. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2014 Andersen Corporation. All rights reserved. ©2014 Lead Surge LLC. All rights reserved.

2

CULTURE

Twitter feed

In today's online revelations, Sarah Silverman is worried about her progress, Chloe Grace Moretz is a master of online etiquette, Ricky Gervais is getting into the spirit of the season and Iggy Azalea is really, really getting into the spirit of the season.

@SarahKSilverman: I have 3 spoons. I am a full grown woman & I own 3 spoons. Shouldn't I have like 10-12 spoons?

@ChloeGMoretz: Stealing pics from people's private accounts is rude and invasive. Just don't do it

@rickygervais: Off to do a bit of Xmas shopping; the only thing apart from animal cruelty that makes me want to kill.

@IGGYAZALEA: Santa snow spray is addictive. I'm spraying my entire house. F--- it.

Shia LaBeouf says he was raped during his gallery stunt

1

Hey, remember earlier this year when Shia LaBeouf set himself up in a Los Angeles art gallery with a bag over his head to have staring contests with strangers for five days? Good times. Actually, as it turns out, it wasn't so good for LaBeouf himself.

"One woman who came with her boyfriend — who was outside the door when this happened — whipped my legs for 10 minutes and then stripped my clothing and proceeded to rape me," LaBeouf says in an email interview with Dazed and Confused magazine. "Then [she] walked out with her lipstick smudged to her awaiting boyfriend who I imagine was quite hurt by it."

To make things even more absurd, this happened when his girlfriend, Mia Goth, was coming to visit the show and he couldn't talk to her about it because, art, man. "It was Valentine's Day and I was living in the gallery, sleeping in a sleeping bag for the duration of the event," he explains. "We were separated for five days. No communication. So it really hurt her as well, as I guess the news of it traveled through the line." But you know what hurt LaBeouf even more than being sexually assaulted? All you selfish selfie takers taking advantage of him and his art, man. "Some folks would come in, take my bag off, pop off a selfie and bounce," LaBeouf explains. "That felt terrible."

ALL PHOTOS GETTY IMAGES

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us



Former comeback kid Rourke a 60-something boxing champ

A nearly unrecognizable Mickey Rourke took to the ring at age 62 to defeat a 29-year-old opponent during a boxing match in Russia over the weekend, and if it all sounds too good to be true, that's because it probably is. Footage from the bout shows Rourke leveling former California Golden Gloves champ Elliot Seymour with a couple of suspiciously weak-looking blows. Rourke had a three-year boxing career that ended more than 20 years ago, and he says this victory is just the beginning, as he has another four fights planned. "I've got some things going on in my life, so [boxing has] sort of saved me from myself,"



That's some good acting, er, boxing.

Rourke recently told Russian television. "And for a man like me, it's better to

live in fear than go on in shame." Whatever works for you, buddy.

James Cameron promises horrible bowel problems with new 'Avatar'

Either director James Cameron either needs to reconsider his phrasing when trying to get people hyped for the "Avatar" sequels or he has some truly terrifying plans for moviegoers. Speaking to Empire about the second, third and fourth films in the franchise he's been talking about for four years now, Cameron insists "you will s--- yourself with your mouth wide open" when you finally see them. Sounds fun! He also confirmed the films will be in 48 frames per second, a gimmick Peter Jackson stopped talking



The sequels to this movie right here will make you do unpleasant things to yourself.

about as soon as people saw the first "Hobbit."

Daily video

If George Lucas had made the new Star Wars trailer

Sure, we were all giddy seeing the "Star Wars: The Force Awakens" trailer over the weekend. But something was missing, and that something was the magic touch of franchise creator George Lucas, who famously can't leave well enough alone. So a fan made a Lucas-



YOUTUBE, TIMTIMEED

tinged "special edition" of the teaser, complete with extra creatures and noise CGI'd in, just like Lucas did

to the original trilogy. So enjoy — and give thanks for J.J. Abrams. Hey, look! Jabba the Hutt!

ESSENTIAL
Day Spa & Cosmetics Inc.
www.essential-skin.com

Specializing in
Problem Skin
Licensed
Professionals
First Time Clients Only

Free consultations

Treat yourself to the gift of beautiful skin; We offer results, not promises!

"Body Massage + Facial \$99 • Eyebrow / Eyeliner Tinting \$25 • Ear Candeling \$50"

Diamond Microdermabrasion Only \$50
for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.

Botinal Wrinkle Treatment Reg \$160 **\$125**
formulated with "Botox" - Like" effect without injection. Effectively reduces the appearance of wrinkles and crow's feet after only one treatment.

Acne Treatment w/Glycolic Acid Peel Only \$45
For oily and blemish skin with excessive blackheads/whiteheads, acne scars and discoloration.

Back/Chest Deep Pore Cleansing \$75/\$35

Deep Cleansing Facial Reg \$75 **\$40**
Deep cleans and refreshes all skin types.

Brightening Peel Reg \$125 **\$75**
An antioxidant peel that helps to brighten and lighten discolored skin with highly concentrated L-Vitamin C and L-Retinol. All skin types.

Body Slimming Wrap or Salt Glow Special \$50
Sea salt scrub to exfoliate and polish or herbal slimming wrap to move toxins and promote inch loss.

Back/Chest Glycolic Peel Only \$55/\$30

247 E. 50th St. 2 FI NYC • Trains: **M6** to Lexington Ave., 51st-53rd Street
4567 and **S** to 42nd Street-Grand Central Terminal • Tel: 212-588-8866/212-253-9693

Not your generic boy wonder

Typecast. Benedict Cumberbatch is more than just the smartest guy in the room.

Benedict Cumberbatch seems to have a type. From Sherlock Holmes in BBC's "Sherlock" to World War II code breaker Alan Turing in this winter's Oscar buzz-worthy "The Imitation Game," Cumberbatch has become synonymous with flawed but arrogant geniuses. Maybe you even remember him playing another such brilliant-but-persecuted outcast this time last year, as WikiLeaks founder Julian Assange in "The Fifth Estate." But if that's the only way you see Cumberbatch, then you're not getting the whole picture.



EVA KIS
@thisiskis
eva.kis@metro.us



The faithful soldier: Christopher Tietjens, 'Parade's End'

Cumberbatch has described his character in the World War I drama as the one he's most attached to. Tietjens is a simple man who values tradition and lives life by the rules, in his duty as a soldier and as a husband to a manipulative Rebecca Hall ("The Prestige"). It's a philosophy

that makes his encounter with a suffragette and all that a new life with her would entail fraught with anticipation. This one made more than a few stiff upper lips quiver, and earned Cumberbatch an Emmy nod.



The bumbling pilot: Captain Martin Crieff, 'Cabin Pressure'

As a young pilot with more passion than skill for flying, Cumberbatch is the earnest straight man of the BBC radio drama "Cabin Pressure," which will arrive at the end of its alphabetical journey with a Christmas special this

month. Cumberbatch plays the overeager, rule-happy heart of a small private charter firm of one jet and a supporting cast who love him almost as much as they love to make fun of him.



The semi-sympathetic villain: Khan, 'Star Trek Into Darkness'

Though "Star Trek Into Darkness" began as a seemingly straight-up story of a space-age terrorist out to do as much damage to Starfleet as he can, Cumberbatch's villain Khan turned out to have a much more personal agenda when it was revealed that he was merely trying to free his crew, who had been imprisoned by a Starfleet officer. Cumberbatch goes from fury to tears as Khan is revealed to have been manipulated into killing in the name of keeping the peace.

The philosopher: The Creature, 'Frankenstein'

Over the course of Danny Boyle's stage adaptation of "Frankenstein," Cumberbatch's Creature struggles with being made of human parts but knowing little of what it means to be one. The Creature rejoices and struggles with in equal measure himself, the world and his creator, veering between love and fear, leading him to the most human act of all: revenge.



ALL PHOTOS PROVIDED



The small-town boy: David, 'Wreckers'

Trees are never the only thing that's shady in the English countryside; the trope was even lampooned in "Hot Fuzz." The idea that those who go to the city are escaping something is alive and well in "Wreckers," where a young couple return to his childhood

home to start building a life together. But as soon as they arrive, Cumberbatch becomes less devoted husband and more a product of the abuse and incest that permeate the town — and possibly his relationship with his brother.

NOVEMBER 12TH TO JANUARY 4TH

THE RIDE

"AN EXTRAVAGANZA SPECTACLE THAT THRILLS."
—THE VILLAGE VOICE

HOLIDAY EDITION

EXPERIENCE **THE RIDE**.COM

OH, WHAT FUN IT IS TO *RIDE*.

1(866) 811-4111

Do You Suffer from Varicose Veins?

212.204.6501



Certified by
the American
Board of Venous
and Lymphatic
Medicine

Get rid of ...

- Venous Ulcers
- Spider Veins
- Leg Swelling, Fatigue and Pain

Covered by most
health insurances
including Medicare

**NOW OPEN
THURSDAYS
FROM 9AM-7PM!**

**Return to Your Normal Activities
Within a Day!**



*Hablamos español
Говорим по-русски*

www.TreatmentsOfManhattan.com
drlev@treatmentsofmanhattan.com

Downtown Manhattan

**111 John St., Ste 1450
New York, NY 10038**

(bet Pearl & Cliff St.)

Fulton St. Station: 2, 3, 4, 5, A, C, J, Z

metro

www.metro.us
Monday, December 1, 2014

TELEVISION 26

Eat like a Euro of Hollywood

Reality TV. Massimo Dobrovic gives us a sweet treat to enjoy for the holidays.

The stars of Bravo's latest reality series, "Euros of Hollywood," know how to create TV drama, but they have other talents. Austrian-born Fawni is a pop star and painter, Bleona Qereti is a singer and recent red carpet attention-grabber from Albania, and Denmark native Jannik Olander runs a successful jewelry company with a busy storefront on Melrose in LA.

But taking on a reality series, as it turns out, is a full-time job in itself. "We would film for 12 hours straight, and then



In other TV news, find out who's still got a shot at surviving "The Walking Dead" at Metro.us.

I would be going to the studio to record all night," Qereti tells us of balancing filming the series with her music career. "I wasn't sleeping much."

And some of them have multiple passions, as it turns out, like aspiring actor Massimo Dobrovic. In addition to being a model and choreogra-

pher, Dobrovic is also a pretty impressive chef. He even prepared a special eight-course dinner for us to show off his Italian cuisine skills — and let us take his dessert recipe home with us so you can enjoy it, too.

TUNE-IN INFO:
"Euros of Hollywood" airs tonight at 10:30 p.m. on Bravo (it usually airs at 10 p.m.).

NED EHRBAR
@Nedrick
ned.ehrbar@metro.lu

MASSIMO DOBROVIC IS NOT ONLY A MODEL AND CHOREOGRAPHER, BUT ALSO A CHEF. / BRAVO

Recipe. Dobrovic's Italian Tiramisu



Treat your holiday guests to this rich dessert. / BRAVO

Ingredients

- 14 oz Savoiardi biscuits
- Two 8-oz containers of mascarpone
- 1 1/3 cups of espresso
- 3/4 cup granulated sugar
- 4 eggs
- Pinch of salt
- Bitter cocoa for dusting

2 Beat egg whites and a pinch of salt in a separate bowl until soft peaks form. Gently fold them into the mascarpone mixture.

3 Prepare the espresso, pour it into a shallow dish and let it cool down. Dip the Savoiardi quickly into the coffee one at a time and arrange them side by side in a serving dish. Cover the biscuits with the mascarpone mixture. Use all the Savoiardi and cream to form more layers.

1 Beat egg yolks and sugar in a large bowl until they look pale and thick. Add the mascarpone and mix gently until very stiff.

4 Top with a layer of cream mixture. Dust the top with cocoa. Refrigerate, covered, for at least four hours before serving.

Red carpet

Bleona explains her shockingly see-through AMA look

"Euros of Hollywood" co-star Bleona Qereti knows how to get people's attention, as she proved while attending the American Music Awards in an incredibly revealing dress.

"The dress is a haute couture dress designed by Shahla Dorriz with a body made from Mom and Dad," the Albanian singer says, according to Bravo. "The minute I saw it I knew that was

the one. The dress was sewn on my body since 9 a.m. [the day before]. Thank god I took a shower before [the show] because it would have been the dirtiest red carpet I have ever done."



GETTY IMAGES

ACCIDENT?
"OVER \$1 BILLION DOLLARS
in Verdicts & Settlements"

• Car/Bus/Truck Accidents
• Construction Accidents
• Slip & Fall

Personal Injury Trial Attorneys
trusted for over 60 years!

FREE CONSULTATION!
CALL NOW! (212)470-1113

No fee unless we win! - Se Habla Español
Attorney Advertisement. Prior results do not guarantee future outcomes.

Subin Associates, LLP • 150 Broadway, New York, NY 10038

Performing arts.

Established and emerging talents pair up to start a new chapter at 280 Broadway studio.

Don't be shy about taking a piece of candy from the bulbous glass jars throughout the all-new Gibney Dance Center at 280 Broadway. It's a long-standing tradition by founder Gina Gibney, who considers it part of fostering a welcoming space for dancers and artists. The building itself, the former home of Dance New Amsterdam, owes its resurrection to Gibney, who took over the lease last January and began renovations of the 36,000 square feet.

Thanks to donations by institutions like the Agnes Varis Trust and Andrew W. Mellon Foundation, who donated \$3 million and \$750,000 respectively, improvements are significant. Two medium studios were combined into one large studio (now Studio C), and a technologically wired Performance Lab was installed on the ground floor to support greater integration of dance and media.

Upstairs, extending from the central glass-topped art gallery, white rooms of various dimensions host not only movement-based classes but also a technology workshop where dancers are trained to edit footage and photos. Another space, the Community Action Hub, is dedicated to research and projects that use performing arts for social change.

Molly Poerstel, one of the choreographers of the new space's first series of shows, "DoublePlus," calls the new space "really exciting," where downtown dancers can work, network "and celebrate each other."

"DoublePlus" was conceived by Gina Gibney and Craig Peterson, director of programs and presentation. The show, which continues through Dec. 20,

'Double' bill opens expanded Gibney Dance Center

Rakiya A. Orange performs "Aziza" as part of "DoublePlus" at the Gibney's Agnes Varis Performing Arts Center. / ALEX ESCALANTE

If you go

'DoublePlus'

Through Dec. 20
Gibney Dance Center
280 Broadway
646-837-6809
\$15-\$20
www.gibneydance.org

pairs six acclaimed curators, including RoseAnne Spradlin, Miguel Gutierrez and Bebe Miller with emerging dancers and choreographers on six split-bill performances over the course of a week. "DoublePlus" is about artistic development and intergenerational participation," Gibney says. "We hope to not only identify and nurture promising young talent but also strengthen the fiber of artistic practice across the board."

For her show, "Stolen Grounds," Poerstel worked under the tutelage of curator Donna Uchizono, choreographing a duet with dancers Alice MacDonald and Mary Read.

"I am trying to create an ongoing score where the dancers have structural touch points in choreography," she explains, "but their own agency and responses affect the formal structure and form of the dance."

It's also representative of the integrated philosophy of the center, Gibney explains. "It's really through this kind of cross-pollination and multilayered experience that our center has the potential to be more than the sum of its parts."

MIKE DUNPHY
@metronewyork
letters@metro.us

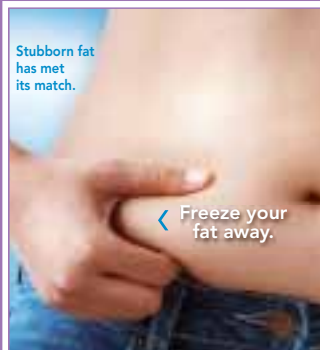
Quoted

"We hope to not only identify and nurture promising young talent but also strengthen the fiber of artistic practice across the board."

Gina Gibney



Alex Rodabaugh and company perform "g1br33l" at Gibney.
ALEX ESCALANTE



Stubborn fat has met its match.

Freeze your fat away.

Transform yourself without diet, exercise or surgery.

CoolSculpting® is the revolutionary body contouring treatment that **freezes and naturally eliminates fat from your body.**

There are no needles, no special diets, no exercise programs and best of all – **no downtime. FDA-cleared, safe and clinically proven.**



BEFORE

12 WEEKS AFTER
FIRST TREATMENT

4 WEEKS AFTER
SECOND TREATMENT

Procedure by Ivan Rosales-Berber, MD

FREE CONSULTATION

113 East 39th Street
New York, NY 10016
866-634-4777



www.LexingtonPlasticSurgeons.com



PLUS

Cyber Monday at work

How not to get caught

CATHARINA THUEMLING

Shopping from work? Here are some ways to do it without getting busted:

Pretend to be busy: Use the command Windows+D (PC) or F11 (Mac) to leave shopping pages.

Push the "Boss Button": With Chrome you can press the Boss Button extension, allowing you to hide shopping websites.

Make a list: Prepare a list with all items you want to shop to keep the deal-hunting in the workplace to a minimum. With LogMeIn you can get access to your computer at home and continue shopping.

Gadgets. Three sales apps to help get you through Cyber Monday

Most stores keep their Cyber Monday deals close to the chest, not revealing them until they've gotten you out of the house for the Black Friday weekend. But why not wait and do it

all from your PJs? Here are three apps that will best serve your holiday buying:



MATT PRIGGE
@mattprigge
matt.prigge@metro.us

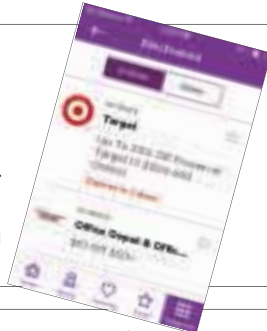


TGI Cyber Monday

This app has one job to do, and though it ain't pretty, it's comprehensive. You can search multiple items at the same time and save your favorites for later.

RetailMeNot

Bare bones, this one is all about coupons, with one of the largest collections on the Web. Also a year-round app that's perfect for CM, it's about personalizing the experience.



BuyVia

Not only does BuyVia know how to round up some Cyber Monday deals, but it's a year-round deal hunter, so you can let it hog space on your phone's hard drive.

ALL IMAGES PROVIDED



These sweet deals give you a good reason to smile. / THINKSTOCK

The best Cyber Monday deals

Retail. Here's how to save big on style.

Black Friday is for suckers. If you prefer to do your damage online, away from the crazies and awful lines, here are a few sites to hit up.



TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

RedEnvelope

Gift destination RedEnvelope is offering over 50 percent off and free shipping on items like plush terry robes (always perfect for moms) and a sleek five-piece cocktail set (you know, for those fab parties you're planning to throw).

Net-a-Porter .com

Forget Santa — be very, very bad this holiday season and snag yourself (fine, or someone you love) something fancy from Net-a-Porter .com. The luxury fashion site has marked down items up to 50 percent off, including pieces from Alexander McQueen, 3.1 Phillip Lim, Aquazzura, Burberry, DVF, Michael Kors, Stella McCartney and more.

All that sparkles

Because you need some bling this holiday

Melissa Joy Manning
Get 25 percent off this jewelry store legend's wares with the code MJM25.

Alexis Russell Jewelry
Get a free 14K gold column ear cuff with every purchase. Enter the code EARCUFF.

Venessa Arizaga
Get 50 percent off all items, excluding existing sale goods.

Miriam Haskell
Get 25 percent off with the code MHMONDAY.

Gold & Gray Jewelry
Get 40 percent off with the code CYBER40.

Crane & Canopy

Give your home some TLC. Crane & Canopy is offering 20 percent off of must-have items like designer bedding, throws, candles, jars and more with the code CYBERMONDAY14. Loom Décor makes things slightly easier. The lifestyle resource will automatically take off 30 percent of your entire purchase.

Onassis

Gift-hunting for a dude? Score a sleek leather briefcase or dapper topcoat at hip men's boutique Onassis, which is offering 50 percent off at OnassisClothing.com.

Andegavia Cask Wines

For the wino in your life — yes, Mom, we're looking at you. Sustainably packaged vino, Andegavia Cask Wines is offering 25 percent off on all orders and expedited shipping with the code CYBER at checkout.

Rent the Runway

Why show up to your work holiday party in jeans and a sweater when you can blow your co-workers away with designer cocktail attire? Rent the Runway will take 20 percent off any rental order over \$75.

metro

HOLIDAY GIFT GUIDES

DECEMBER 4, 2014

Hostess gifts, stocking stuffers, and DIY food gifts.

DECEMBER 11, 2014

Our haute holiday gift guide for him and her, packed with amazing gifts.

DECEMBER 18, 2014

Still looking for that perfect present? We've got lots of smart, last-minute suggestions that are sure to please.

A guide series to the coolest gifts to give (and ask for) this holiday season.

FOR ADVERTISING OPPORTUNITIES CONTACT:
advertising@metro.us
or 212-457-7735

Special sizes, inserts and creative executions are available.

Prevention is the new HIV/AIDS drug

World AIDS Day. There's a way for those at risk to remain uninfected.

Being far from the era when an HIV/AIDS diagnosis meant a rapid and often painful death is nothing less than great progress. But it's also made the task of wiping out the virus for good a victim of its own success, according to a doctor on the front lines of ending the epidemic.

Dr. Benjamin Young was in medical school in New York City during the mid '80s, when the AIDS crisis began, "a time of incredible suffering and death where most of the people I cared for up until 1995 died within months or years of their diagnosis," he says.

The prognosis for some-

one diagnosed today is a normal, full life — provided that he or she starts treatment and sticks with it. Drugs have gotten to the point that a single pill a day is enough for many to manage their viral load at undetectable levels.

"We've gone from desperation and ignorance to an era when we have all the tools that we need to end epidemic death," Young says. "The question is whether we have the political, moral and financial will to do it."

Mathew Rodriguez, 25, the community editor at TheBody.com, an online community for those living with HIV/AIDS, says many people now consider it a "chronic manageable disease." There's also a new conversation happening about a different kind of drug, pre-exposure prophylaxis. "PrEP was approved in 2012, and it's kinda tak-

en two years but now the conversation is really, really ramping up," he says.

PrEP is a daily pill prescribed for people who are not infected but who have an HIV-positive partner or are otherwise at high risk of contracting the virus. The pill contains two medicines that fight HIV and work by preventing a permanent infection if the person is exposed to it.

Between PrEP and current treatments, ending HIV/AIDS is within reach. "The drugs are more tolerable than ever, there's less side effects, they are very effective," he says. "And now we know a lot more about the science of being undetectable and passing on the virus and how hard it is when you're in treatment."



EVA KIS
@thisiskis
eva.kis@metro.us



From left, "It's Not Over" director Andrew Jenks, Sarang Bhakre, the MAC AIDS Fund's Nancy Mahon, Paige Rawl and Miley Cyrus attend the film's premiere in Los Angeles. / GETTY IMAGES

Documentary

Millennials at risk

Young people's lack of knowledge about HIV/AIDS has the potential to set back efforts to eradicate the disease

According to a recent survey of American teenagers between ages 12 and 17, 1 in 3 didn't know HIV was sexually transmitted, and 99 percent don't think they are at risk of contracting the virus.

In the new documen-

tary "It's Not Over," filmmaker Andrew Jenks follows three young people fighting very different battles with the disease: Sarang lives as an openly gay man with HIV in India, where homosexuality is outlawed; Lucky, who mentors youths in South Africa; and U.S. college student Paige, an activist who was born HIV positive.

Find out more at ItsNotOverFilm.com and watch it on Netflix.



PLUS

Truvada

Pre-exposure prophylaxis

In a study, the drug was shown to reduce HIV transmission rates by as much as 92 percent among gay and bisexual men. The pills require commitment to a daily regimen and follow-up visits with a physician every three months.



THE FUTURE OF FOOT SURGERY

FREE
consultation
with ad

Call Us: 1-877-BUNION-1



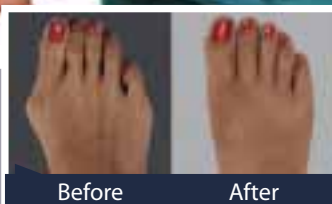
Downtown Podiatry Services

DOWNTOWN
111 John Street, Suite 1450
New York 10038

MIDTOWN
315 Madison Ave, Suite 513
New York 10017

NEW LOCATION
159-05 92nd St, Howard Beach, NY
718-845-0741

DowntownPodiatry.com



Before

After

Specializing in Surgery and Aesthetics of the Foot

Cutting Edge Means Less Cutting

**Minimally Invasive
Bunion & Hammertoe Surgery**

MOST INSURANCE PLANS ACCEPTED

INVISALIGN DENTAL CENTER IN THE CHRYSLER BUILDING 42ND AND LEXINGTON

Invisalign providers since 2005 with Elite status

**Full Invisalign treatments
are only**

\$3499

Express invisalign \$1999

0% Financing available



**Limited time offer
November 30th**

www.kakosiandental.com

888-711-0267



Organization

Keeping things orderly

The organization also offers artists a free management software called "Artfully," which helps performers do everything from sell tickets to shows to managing contacts with their fans and supporters through newsletters.



Violinist Timmy Tianyang Gao performed at a reception for Fractured Atlas on Nov. 13. / PROVIDED

This nonprofit wants to help artists think like CEOs

Business. Creative types need to get practical sometimes.

Heal says that when she first started performing professionally she hardly knew anything about the business aspects of the dance world.

"When I first started I was advised by an accountant, 'You really need to start separating personal finance from your company financing. And oh, by the way, you can accept nonprofit donations.' And I was like, what?" says Heal, incredulously.

We sat down with Huttler to talk about Fractured Atlas and the things that every working artist should keep in mind as they build their careers.

How important is it for an artist to think like an entrepreneur?

It's hugely important. Art-

ists — whether they like it or not — are small businesses. Obviously you've got to have the talent. But then they find themselves out in the world and realize, "Wow, I need to know about fundraising, I need to know about marketing, I need to know how to make a budget."

What do younger artists need help with?

I think that a lot of people just don't know where to get started. They'll come to us wanting help with a grant proposal and in the process of helping, there's a lot of technical assistance and coaching that happens along the way.



LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

COME JOIN THE "LI BEST HOME CARE TEAM"
HIGHEST PAY IN NASSAU COUNTY

• HHAs • PCAs
Immediate Work, Weekend Aides Needed
Personal-Touch®
Call (516) 227-3400
60 Hempstead Ave, Suite 215,
W. Hempstead, NY 11552 EOE

\$1 ZOOM! Laser Teeth Whitening

(w/Check-up and Cleaning*)

*covered by your PPO Dental Plan

Up to 12 Shades Whiter in just 1 hour

Call (212) 537-6923 - Open Weekends and Evenings

30 East 40th St. #105 • 1 block from Grand Central Station
Ph (212) 537-6923 • www.Zoomfor1.com (exp 11/30/14)

Think big

Tell us about the Arts Entrepreneurship Awards that you are currently collecting nominations for.

It's our second year doing the awards. We've always been an entrepreneurial organization ourselves; we've always been launching new initiatives. So we've been championing this, but this is the first time we've been able to plant a flag and say, "This is entrepreneurship and this is what we want to see more of in the field."

NEW LOCATION!
BROOKFIELD PLACE
JANUARY 2015

START YOUR CULINARY CAREER at ICE



6-12 MONTH AWARD-WINNING
DIPLOMA PROGRAMS IN:

- Culinary Arts
- Culinary Management
- Pastry & Baking
- Hospitality Management

Externships & Job Placement • Full & Part-Time Schedules

See ICE in action at youtube.com/iceculinary



Institute of
Culinary Education
EST. 1975

ice.edu/METRO
(888) 693-CHEF
50 West 23rd St • NYC
Find your culinary voice™

Professional Foot Care Specialist

20 Years of Experience



- State of the art non-surgical treatment for foot and heel pain
 - Minimal invasive procedures for corrections of bunions and hammertoes
 - Weekend and evening appointments available
 - Most insurance plans honored
 - Free consultation
 - Non-injection therapy for heel pain
 - New Cutting Edge Laser for Toe Nail Fungus! ONLY \$500
- Expires 11/30/14 Redeem with ad

Plantar Fasciitis or Achilles Tendon Pain?

Now offering a 20-minute, minimally invasive procedure to remove your source of pain. Covered by most insurance.

Offices of Dr. Jeffrey Rosenblatt, DPM • Dr. Larry Cohen, DPM
DRJEFFREYROSENBLATT.COM

281 Broadway 2nd floor,
New York, NY 10007
1-866-401-FEET
(Financial District)

Grand Central-Midtown,
15 West 44 St., 8th FL,
New York, NY 10036
212-391-1279

New Location
408 Jay St., Suite 500,
Brooklyn, NY 11201
718-875-9251 (Metrotech)

Long Island Location,
543 Hempstead TRK
West Hempstead, NY 11552
516-292-0023

40-08 Forley St Elmhurst, NY 11373. • 1-866-401-FEET

Convenient Lower Manhattan & Brooklyn Locations!



Horoscope

♐ **Sagittarius | Nov. 22-Dec. 21.** Use your versatility and quick wit to add a little spice to your life. You will be the center of attention if you network your skills.

♑ **Capricorn | Dec. 22-Jan. 20.** Listen to the voice of reason. You can avoid grief by following the advice of someone who has been in your shoes.

♒ **Aquarius | Jan. 21-Feb. 18.** Broaden your scope when considering your professional goals. You can provide a service that is in demand if you look for the right buyer, client or outlet.

♓ **Pisces | Feb. 19-March 20.** Be accepting and meet change with optimism. The best opportunities come when you least expect. Don't be too quick to judge.

♈ **Aries | March 21-April 20.** Discipline and focus will help you finish projects that need completing before the end of the year. Begin the year with a clean slate.

♉ **Taurus | April 21-May 21.** No matter what you are looking for, it's best if you are open and direct. Convey your wishes to people who have the power, knowledge to help you out.

♊ **Gemini | May 22-June 20.** There may be some upheavals at work concerning someone else. The changes will work in your favor if you take on responsibilities.

♋ **Cancer | June 21-July 22.** Don't get drawn into a squabble with a friend or relative. If you allow your temper to flare up, you will say something you'll regret.

♌ **Leo | July 23-Aug. 22.** You are feeling nostalgic for people or places from your past. Call up an old friend. You probably still have lots in common and certainly plenty of history to share.

♍ **Virgo | Aug. 23-Sept. 22.** If you are feeling restless, redo your living space for the holidays. Redecorating will give you a sense of accomplishment and pride.

♎ **Libra | Sept. 23-Oct. 22.** Be respectful when dealing with people from different beliefs, cultures and traditions. You may not agree, but you mustn't judge.

♏ **Scorpio | Oct. 23-Nov. 21.** Too much work and ongoing family issues have made you forget how to have fun. Take time out for you, whether with friends or by yourself. **EUGENIA LAST**

Sudoku: Easy and hard

		8		7		3		6
						5	1	
3				4	1		2	8
	9		6	1				
5								4
				5	8		7	
9	1		8	6				7
	2	6						
4		7		9		8		

		7	2	4		9		
6				5			7	
	8		7				3	1
							5	4
7		9				1		6
1	5							
4	7				9		1	
	6			7				9
		2		1	4	5		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

- 1 La —, Bolivia
- 4 Ramp alternative
- 9 Of immense extent
- 13 Berlin single
- 14 Erik the Red's language
- 15 Mme. Gluck of opera
- 16 Follow the recipe
- 17 Elite squad (hyph.)
- 18 Filly's downfall
- 19 Unit of heat
- 21 Bar sing-along
- 23 Historic march setting
- 25 Greeted the cat
- 26 Physicians
- 29 Grove
- 31 Fridge maker
- 32 Goods
- 33 Tot's tea party guest
- 37 Boot-camp sentence ender
- 38 Come before
- 41 Mauna —
- 42 Baja Ms.
- 44 Cow-headed goddess
- 45 Cheers
- 47 End-of-year temp
- 49 The competition
- 50 Not homogeneous
- 53 Steam room
- 55 Variety of beryl
- 57 So what? (2 wds.)
- 61 Writer— Morrison
- 62 Hawkeye

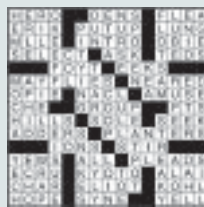
- 64 While away
- 65 Breezed through
- 66 Rodeo gear
- 67 Pinches off
- 68 Landscaper's shrub
- 69 King Midas' downfall
- 70 Earth, in combos

Down

- 1 Bread for a gyro
- 2 Indigo plant
- 3 Focuses on (2 wds.)
- 4 Escargots
- 5 Aleut carving
- 6 Exist
- 7 Ms. Dinesen
- 8 Updated an atlas
- 9 Left
- 10 Dispense
- 11 Kind of signal
- 12 Made a video
- 13 PC button
- 20 Brief summary
- 22 Second notes
- 24 Locust trees
- 26 M, to Einstein
- 27 Bahrain VIP
- 28 Pub missile
- 30 Bauxite and cinnabar
- 32 Into the sunset

- 34 Clay pot
- 35 Lounge about
- 36 Edinburgh girl
- 39 Circus name
- 40 Ogling
- 43 On horseback
- 46 Hedging
- 48 Battery size
- 49 Bankrupted
- 50 Pave over
- 51 It merged with BP
- 52 Chromosome units
- 54 Humiliate
- 56 Easy way out
- 58 McClurg of sitcoms
- 59 Dog-chow brand
- 60 Brown of renown
- 63 Misery

Weekend's answer



Letters

Obama doing a good job

Job performance: President Obama has to be doing a great job. Ebola is no longer an issue, as it has disappeared. Unemployment is below 6 percent, the stock market is at its highest ever, GDP was up four out of the last five quarters and the last quarter it was a robust 3.5 percent — a clear indication that the economy is growing. He is doing his utmost to ensure those unfortunate Americans obtain health insurance and he wants to fix immigration. The GOP does not want to fix health care and immigration. Americans should be thankful we are not losing 750,000 jobs a month. **DENNIS NASCIMENTO, VIA EMAIL**

Nota competition

I am so sick and tired of people describing whatever measures are taken to alleviate the plight of illegal immigrants as an insult to legal immigrants, as if the two groups were somehow in competition with each other. They are not. I came to this country as a legal immigrant and I know. The legal avenue is open only to people with proven exceptional skills plus a few lucky winners of the lottery. Illegal immigrants provide the much needed cheap labor that this country badly needs. This is the reality.

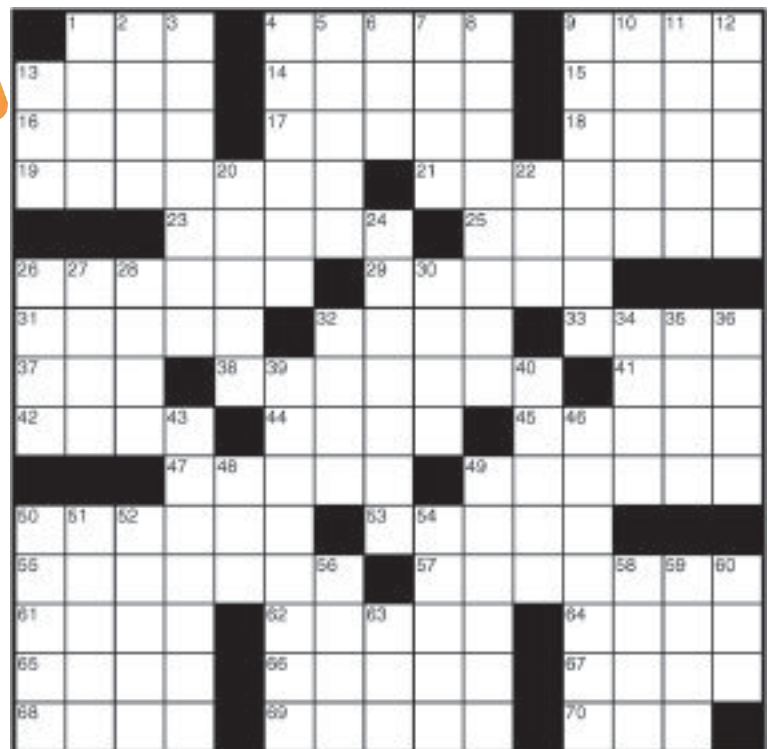
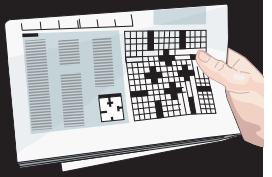
PASQUALE G. TATO, VIA EMAIL
letters@metro.us



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • **Metro New York** 120 Broadway, New York, NY 10021 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **sales fax** 212-952-1505 • **Associate Publisher** Ed Abrams • **U.S. Circulation Director** Joseph Lauetta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • **Advertisements** appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Aleksander Korab, aleksander.korab@metro.us • **National News Editor** Peter Green, peter.green@metro.us • **Deputy Features Editor, Home/Style/Food Editor** Tina Chadda, tina.chadda@metro.us • **TV Editor** Lisa Weidenfeld, lisa.weidenfeld@metro.us • **Film/Tech Editor** Matt Prigge, matt.prigge@metro.us • **Wellbeing/Going Out Editor** Eva Kis, eva.kis@metro.us • **Travel Editor** Rachel Vigoda, rachel.vigoda@metro.us • **Careers/Education/Dating Editor** Lakshmi Gandhi, lakshmi.gandhi@metro.us

3

SPORTS



Picking up Rice

Four teams look at Rice

With Ray Rice eligible to return to the NFL and compete for the final four weeks of the season, four teams, according to ESPN, have shown interest in the running back. Two of the teams named, the Saints and Colts, aren't expected to make an offer to the 28-year-old. The Adam Schefter report said the sources would not identify the other two teams.



Visit **Metro.us** to take a look at our first draft mock for 2015.

Giants can't solve Jags, drop seventh straight

NFL. New York couldn't sustain its big halftime lead against one of the NFL's worst teams.

The Jaguars should've provided the perfect tonic for the struggling Giants, but the frisky squad made life miserable for Big Blue in their shocking 25-24 win over the Giants on Sunday.

Josh Scobee's 43-yard field goal with 28 seconds remaining gave the Jaguars (2-10) their first win since Oct. 19 and stamped the largest comeback win in franchise history.

The Giants (3-9) were cruising to an easy victory off the strength of an impressive 21-0 first-half lead, but the second half showed why New York will be home for the playoffs once again.

Here are three things that stood out on Sunday in Jacksonville.

1 Not sticking to plan

Eli Manning began the game as though the slump was out of sight and mind as he carved up the Jaguars' secondary, going 15-for-19. But something happened in the locker room, as the second half was full of gaffes. Manning fumbled



A week after relinquishing an 11-point lead to the Cowboys, the Giants let a 21-point lead slip away Sunday. / GETTY IMAGES

twice — one resulting in a recovered fumble in the end zone off a sack, and the other the game-sealer for the Jaguars. He finished an efficient 24-of-34 for 237 yards and a touchdown pass, but fair or not, the game will be remembered for the opportunities he threw away in the second half that led to the Giants' league-high seventh-straight setback.

2 Jennings breaks out

Rashad Jennings, the former Jaguar who was a

career backup during his earlier years in Jacksonville (and later Oakland), did his best to show his former employer what they were missing. Jennings managed to tally game-highs in yards (91) and carries (26), including two touchdowns, but was mostly ignored by maligned offensive coordinator Ben McAdoo in the second half when he had only seven more carries. Both of Jennings's scores displayed his underrated running power, but the Giants seemed to get

away from power football in the second half. The 21-0 lead should've been all that the Giants would need, as Jennings' hard-nosed running set the tone for Big Blue, but the second-half gameplan led the Giants into an avoidable bitter fight.

3 Bortles knockout blow

Jaguars rookie quarterback Blake Bortles had a rough go of things, especially in the first half — but it was Bortles' second half that set him

apart from his veteran counterpart. Bortles engineered a comeback despite being harassed and chased all game (sacked six times), and starting the game 8-for-17. He stayed poised and didn't commit a turnover for the first time all season, finishing 21-for-35 for 194 yards and a touchdown. He also added 68 rushing yards on five carries.

TONY WILLIAMS
@TBone8
sports@metro.us

Around the NFL

The Packers won a possible Super Bowl preview Sunday, highlighting an afternoon with big playoff implications.

- **Packers 26, Patriots 21** Aaron Rodgers used a fast start and 368 passing yards (along with two touchdowns), to help build an early lead in Sunday's most highly-touted matchup. Eddie Lacy picked up several key first downs on the ground and Davante Adams racked up 121 receiving yards in the win.
- **Bengals 14, Buccaneers 13** Andy Dalton did a little of everything against the Bucs, throwing a touch-



The Packers made a statement with their win over the Patriots on Sunday. / GETTY IMAGES

down pass to A.J. Green and running one in himself in a narrow victory over the Bucs (2-10). He also threw three interceptions, but the Bengals (8-3-1) defense was able to limit Tampa Bay's opportunities.

- **Saints 35, Steelers 32** Drew Brees threw five touchdown passes as the Saints (5-7) built a 35-16 lead early in the fourth quarter of a much-needed win on the road. The Steelers scored two late touchdowns against the Saints to make it a game but Ben Roethlisberger's 435 yards weren't enough for the 7-5 Steelers to keep up pace.
- **Colts 49, Redskins 27** Andrew Luck had a monster day for the Colts (8-4) Sunday, throwing for 370 yards, five touchdowns and an interception. Washington's Colt McCoy was solid, throwing three touchdowns of his own, but the Redskins (3-9) could not keep pace in Indy.
- **Texans 45, Titans 21** Ryan Fitzpatrick threw for a franchise record six touchdowns and did not throw a pick. DeAndre Hopkins was the main beneficiary of Fitzpatrick's big day as he caught nine balls for 238 yards and two touchdowns for the Texans (6-6).
- **Bills 26, Browns 10** A pair of Bills (7-5) touchdowns in the third quarter was enough to put away the Browns. Johnny Manziel took the field late in the game after Brian Hoyer threw a pair of interceptions and the rookie quarterback scored Cleveland's (7-5) lone touchdown on the day with a 10-yard rushing score.
- **Chargers 34, Ravens 33** Philip Rivers came through in the clutch for the Chargers (8-4) as he found Eddie Royal for a one-yard touchdown pass with 38 seconds left Sunday in Baltimore (7-5). **EVAN MACY AND MATT BURKE**

NFL

LEGER DOUZABLE
GETTY IMAGES

Douzable gets dancing props

It is a good time for New York when it sees Leger Douzable, a defensive end now in his seventh year in the league, doing a dance in the backfield. Douzable has developed a bit of a cult following during his time in New York for his enthusiastic sack dances, something enthusiastically followed and debated by fans on Twitter (#DouzableDance).

"It's called the Shmoney Dance, it's big in Brooklyn," Douzable told Metro. "The idea is to have some fun, enjoy the moment just a little bit. ... It's just a fun dance, you can do it to different songs. It's mainly just hop motions and arm movements. It's kind of like the two-step. You enjoy the moment, you want to celebrate." KRISTIAN DYER

NFL. The Jets are looking to spoil Miami's playoff plans once again.

The games don't matter in the standings for the 2-9 Jets, now mathematically eliminated from the playoffs. But a fourth straight year without the postseason needn't end in disarray or on a sour note for this team as there is still plenty to play for.

Jobs are on the line for the Jets on Monday against Miami (8:30 p.m., ESPN), none more high profile than head coach Rex Ryan, the heart and soul of this team since 2009.

While the Jets haven't had a winning record since his second season with the team, Ryan might be able to redeem the season and perhaps earn a seventh season in New York with a strong close to the season.

KRISTIAN DYER
@KristianRDyer
sports@metro.us

Storylines to keep tabs on as Jets face Dolphins

RYAN TANNERHILL
GETTY IMAGES

Now or never

It seems like every November, the Dolphins might be building a little momentum, perhaps enough for a push into the playoffs. Seems like things begin to click and there is hope in South Florida. But then December rolls around and Miami inevitably begins to lose games that they shouldn't (such as last year when they lost their

final two games, including Week 17 to the Jets). Perhaps this is the year when they can finish strong and get into the playoffs for the first time since 2008.

"Really good football teams play their best football in December and I'm confident that we are going to play an excellent game up in New York," Miami head coach Joe Philbin said.

Ground gains

The Jets are fifth in the league in rushing offense, a number that might be surprising since their backfield managed just 84 yards in Monday night's 38-3 loss to the Bills.

But the formula for the offense for the rest of the year will have to be the ground game, especially since Geno Smith has shown a certain amount of recklessness with the ball. With Chris Ivory running well this year and Chris Johnson getting into a bit of a rhythm, it'd be ideal for the Jets to get some positive rushing yards early.

"Yeah. That's been the Jets M.O. for the past couple of years or at least since I've been here. They're a downhill running team," Dolphins defensive tackle Jared Odrick said. "They really don't hide what they do and they really like to do it a lot during the game."

Miami feast

A month ago, it was Michael Vick replacing Geno Smith in the first quarter of what would become a blowout loss to the Bills, pitching in to earn the starting job for the next week. Last Monday, it was Smith who replaced Vick after a tough first half and he gave the Jets a boost. Smith didn't lead the offense into the end zone but he was an

efficient and tidy 10-for-12 for 89 yards. Not numbers that will get him to Canton, but solid nonetheless.

Now with Smith named the starter for this game and likely the rest of the season, he has the chance to win the starting job.

The Dolphins are fourth in the league in pass defense, a number that could be bettered against one of the league's worst passing attacks.

CAMERON WAKE
GETTY IMAGES

metr CLASSIFIED DIRECTORY

To advertise please contact 866-900-9473 or Newyorkclassifieds@metro.us

LEGAL SERVICES

To advertise call Thomas Franke at 212-457-7751 or email thomas.franke@metro.us

Bankruptcy Attorney

Considering filing bankruptcy and looking for a bankruptcy attorney who cares? Then call

Jay Simon • 718.222.4619

32 Court Street, Suite 805, Brooklyn
Dedicated Chapter 7 Specialist • Same Low Fee for All
Pay in Installments • Personal, Caring, Attention
Free Consultation

Bankruptcy with a personal touch

Law Office of Glenn S. Kessler
25 Years' Experience

CONSIDERING BANKRUPTCY? (718) 488-9100

32 Court St., Suite 704, Brooklyn • DebtFreeNYC.com

Free Consult, Friendly, Personal Service
Affordable Fees, Payment Plans

We are a debt-relief agency. We assist in filing for relief under the Bankruptcy Code.

DIVORCE \$179

1-800-414-0333

TheDivorceCenter.com

Spouse's Signature Not Needed

Don't Be Fooled By Imposters

Plus Court Fee - Without Children - With This Ad

EXPIRES 12/31/2014

INJURED in a slip and fall?

Call Now: 212-571-9200

FREE CONSULTATION • NO WIN NO FEE

*Available 24/7 • \$76 million in Claims 98% WIN RATE!

www.Fight4Injury.com • Feiner & Lavy, P.C. Attorneys at law
325 Broadway, Suite #401, NY NY 10007

Español العربية العبرית, Русский Attorney Advertisement



MEDICAL MALPRACTICE?

Call Now: 212-571-9200

FREE CONSULTATION • NO WIN NO FEE • Available 24/7

www.Fight4Injury.com • Feiner & Lavy, P.C. Attorneys at law
325 Broadway, Suite #401, NY NY 10007

Español العربية العبرית, Русский Attorney advertisement



CAR ACCIDENT LAWYER?

Call Now: 212-571-9200

FREE CONSULTATION • NO WIN NO FEE • Available 24/7

www.Fight4Injury.com • Feiner & Lavy, P.C. Attorneys at law
325 Broadway, Suite #401, NY NY 10007

Español العربية العبرית, Русский Attorney advertisement



Nursing Home Abuse?

Call Now: 212-571-9200

FREE CONSULTATION • NO WIN NO FEE

*Available 24/7 • \$76 million in Claims 98% WIN RATE!

www.Fight4Injury.com • Feiner & Lavy, P.C. Attorneys at law
325 Broadway, Suite #401, NY NY 10007

Español العربية العبرית, Русский Attorney Advertisement



MEDICAL RESEARCH

To advertise call Andrea Paz at 212-457-7831
or email andrea.paz@metro.us



• Find Clinical Trials
• Check Medical News
• Help Find a Cure

ZipTrials.us
Powered by metro

Check out our new website:
www.ziptrials.us

ACUPUNCTURE STUDY FOR IBS

Do you have Irritable Bowel Syndrome (IBS)?

You may be eligible for a research study aimed at reducing symptoms associated with IBS using Acupuncture. Qualified participants will receive up to \$330.

To be eligible you must:

- have diagnosis of IBS.
- be experiencing symptoms related to your IBS.
- be 18 to 70 years of age.



NEW YORK UNIVERSITY

For more information call:
NYU: Special Studies in Symptom Management
212-365-0346



NYU Langone Medical Center

RESEARCH STUDY

Have you or a loved one been diagnosed with Bipolar Disorder and are currently taking lithium?

You may qualify for an MRI research study!

We are looking for volunteers who have been diagnosed with Bipolar Disorder and are taking lithium, alone or in combination with other medications, currently stable in their psychiatric treatment, between the ages of 18-45, interested in participating in a research study.

What We Offer:

- An MRI Brain Scan
- \$75.00 compensation for participation

For more information please call:

(212) 263-4817

Are You a Gulf War Era Veteran?



You may be eligible for a **study** examining military service and its relationship to post-service health problems. Study includes complete medical and psychiatric evaluations, full laboratory workup, and compensation for time and expenses.

Research takes place at the Bronx VA Medical Center and the Mount Sinai School of Medicine.

For information, please contact **Kirklyn Escondo** at kirklyn.escondo@va.gov or 718-584-9000 x6567.

PI: Julia Golier, MD; VA# GOL-11-056
VA Approved through 4/2/2015



Do you think you have symptoms of the flu? Put your FLU to good use.

Most of the time, nothing good comes from having the flu. Except now. If you think you have the flu, OR have the flu already, you can help evaluate an investigational medication that may help end flu symptoms more quickly.

Local doctors are currently conducting the FAVOR medical research study to evaluate the safety and effectiveness of an investigational flu medication for its ability to manage symptoms of the flu.

To pre-qualify for the FAVOR study, you must:

- Be between 18 and 80 years of age
- Have a fever of at least 100.4°F (if over 65 years of age, at least 100.0°F)
- Have 2 or more of the following symptoms:
 - Cough, sore throat, headache, nasal congestion, body aches and pains, or fatigue

All study-related care is provided at no cost and payment for your time and travel will be provided.

Come in as quickly as you can to see if you qualify.

To learn more about the FAVOR study,

please visit www.favorflustudy.com or contact: 917-409-3917



Fat Burning Weight Loss
Ultrasonic Treatment
restrictions may apply

7237 Ave #703 (48 St) 212-470-0360
Jamaica Queens 718-687-2474

metro 
CLASSIFIEDS

To place an ad call
866-900-9473
or visit us at
www.metro.us

Are you *experiencing* depression SYMPTOMS?

Have you tried one or more anti-depressant medications that *failed to relieve your symptoms?*

If so, please contact us about participating in our **CLINICAL RESEARCH STUDY** of an investigational drug taken with an anti-depressant medication.

QUALIFIED PARTICIPANTS MUST:

- Be 18 to 65 years of age
- Have been experiencing depression symptoms for at least 8 weeks
- Have taken one or more anti-depressant medications that failed to relieve their depression symptoms

QUALIFIED PARTICIPANTS MAY RECEIVE:

- Study-related care and study drug at no cost
- Compensation for time and travel

still
Depressed
STUDY

For more Information, call
Medical & Behavioral Health Research, PC **1-888-317-6262**

 Sadick Dermatology

Psoriasis

DO YOU SUFFER FROM SCALP PSORIASIS?

Consider participating in an investigational research study for those:

- Who have moderate to severe scalp psoriasis
- Unresponsive to treatments such as creams, UV therapy or biologic therapies
- Are 18 years old or older

CALL 917-768-7276 OR EMAIL SRG@SADICKDERMATOLOGY.COM
Qualified participants receive study related care, exams, and study medication at no charge.

 Sadick Research Group

SPA & MASSAGE

To advertise with Metro, please email Andrea Paz at andrea.paz@metro.us



EAST SPA
10AM-1AM
216 E 49TH ST
212-832-3333



EAST VILLAGE SPA
347-925-0034
84 E 10TH ST

{ CYBER MONDAY }

IN STORE & ONLINE—TODAY ONLY

EXTRA
25%
OFFREGULAR & SALE ITEMS
WITH YOUR SAVINGS PASS OR ONLINE PROMO CODE

Lord & Taylor

THERE'S MORE...

60% OFF
COATS*

FOR HER, FOR HIM, FOR KIDS

*SAVINGS PASS AND PROMO CODE
NOT APPLICABLE ON COATS✂ 25% OFF REGULAR & SALE ITEMS*
Present this savings pass to your sales associate Monday, December 1 only

***NOT VALID ON SMART VALUE ITEMS AND CYBER MONDAY COAT SPECIAL.** This Lord & Taylor Savings Pass also excludes: **ALL ITEMS** from: Alex & Ani, Aquatalia, BCBG/BCBGMaxAzria, Carvela, Coach, FitFlop, Gentle Souls, Hanky Panky, Kate Spade, Kurt Geiger, Marc by Marc Jacobs, Merrell, Michael Kors Collection, Michael Kors jewelry, Nike, NYDJ, Pollini, Women's Polo Ralph Lauren, Rachel Zoe, Sorel, Spanx, St. John, Stuart Weitzman, Theory, Ugg, Under Armour, Uno de 50 & Wacoal; men's Bruun & Stengade, Buffalo, Bugatti, Cole Haan shoes, Diesel, Ecco, Fred Perry, Gant Rugger, Grayers, all Hugo Boss, John Varvatos USA, Lacoste, Marc New York Outerwear, Pure, Strellson, Ted Baker London, Tommy Bahama, Van Gils, Victorinox, Vince Camuto & premium denim; kids' Flowers by Zoe, Lacoste, Ruum, boys' dresswear & all shoes; Kate Spade & Swarovski in Holiday Trim Shop; **DEPARTMENTS:** Birdcage; Brand Assembly; women's cashmere, designer coats & swimwear, cosmetics, fragrances and beauty accessories; fashion watches; designer sunglasses; luggage; Fine Watches, designer jewelry and special event promotions in Fine Jewelry; Fifth Avenue Swarovski Shop; charity-related merchandise; candy, gourmet; Beauty Salon, restaurants, store services & gift cards. Cannot be combined with any other Savings Pass. Not valid on Limited-Day Specials, selected special sale events or prior purchases. Bonus savings % applied to reduced prices. Online exclusions may differ; see website for details. This Savings Pass must be presented at the register at time of purchase to receive Savings Pass discount. Not valid on telephone or internet orders. Not valid at L&T Outlet Stores.



LORDANDTAYLOR.COM

*Savings Pass and Promo Code not applicable on Cyber Monday Coat Special. Stay in touch. Go to lordandtaylor.com to register for emails. Charge it with your Lord & Taylor credit card. We also accept American Express,® Mastercard,® Visa® and the Discover® Card. Free standard shipping on online orders of \$99 or more. In-store and online sale ends Monday, December 1. All offers, unless otherwise specified, are not available at Lord & Taylor outlet stores. Savings off original and regular prices. Intermediate markdowns may have been taken. No adjustments to prior sale purchases. Selected collections; not every style in every store. Our regular and original prices are offering prices only and may or may not have resulted in sales. Advertised merchandise may be available at sale prices in upcoming sale events. Prices, savings and selection may differ by store and on lordandtaylor.com. For the Lord & Taylor location nearest you, visit our website or call 1-800-223-7440.